

## **Yellow Crookneck Squash & Rice Casserole**

Author: Adapted from a Cooking Light recipe found on the internet

*Carolyn T's  
Main Cookbook*

**Servings: 8**



- 2 1/2 pounds yellow crookneck squash**
- 1 cup chopped onion**
- 1/2 cup low-sodium chicken broth**
- 2 cups cooked rice**
- 1 cup sharp cheddar cheese, grated**
- 1 cup Monterey jack cheese, shredded**
- 1 cup sour cream**
- 1/4 cup grated fresh Parmesan cheese (2 oz) divided use**
- 3 ounces chopped green chiles**
- 1/4 teaspoon salt**
- 1/4 teaspoon black pepper**
- 2 large eggs, lightly beaten**
- Cooking spray**

**Blog: Carolyn T's Blog:**  
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 301 Calories;  
18g Fat (51.7% calories from fat); 14g Protein; 23g  
Carbohydrate; 3g Dietary Fiber; 95mg Cholesterol;  
317mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2  
Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2  
Fat.*

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*Notes: If you want to lighten this up, use low-fat sour cream, less cheese and egg whites.*

1. Preheat oven to 350°.
2. Combine squash, onion and chicken broth in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 10-15 minutes or until tender. Drain; partially mash with a potato masher.
3. Combine squash mixture, rice, cheddar cheese, Jack cheese, green chiles, sour cream, 2 tablespoons Parmesan cheese, salt, pepper, and eggs in a bowl; stir gently. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray; sprinkle with 2 tablespoons Parmesan cheese. Bake at 350° for 30 minutes or until bubbly.
4. Preheat broiler. Broil 1 minute or until lightly browned.