
Zucchini Cheesy Custard Casserole

My own concoction, based on a variety of online recipes, 2015



1 tablespoon olive oil
3/4 pound zucchini, stemmed, coarsely chopped
1/2 medium onion, chopped
1 large leek, cleaned, chopped
Salt and pepper to taste
7/8 cup 2% milk
2 tablespoons heavy cream
2 medium eggs
1 teaspoon lemon juice
1 teaspoon sugar
2/3 cup Fontina cheese, grated
1/3 cup Pecorino cheese, grated
1/2 cup cheese crackers, crushed

Per Serving (excluding unknown items): 248 Calories; 15g Fat (54.9% calories from fat); 9g Protein; 19g Carbohydrate; 1g Dietary Fiber; 97mg Cholesterol; 341mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 6 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Preheat oven to 325°F.
2. In a large skillet heat olive oil until it begins to shimmer, then add onion and leeks. Cook until vegetables begin to soften, but not brown at all. Turn heat down if necessary.
3. Add zucchini and cover. Continue cooking for about 4-7 minutes until zucchini is nearly cooked through.
4. Meanwhile, in a small bowl whisk eggs until they're blended, then add milk and cream. Set aside.
5. Grate cheese and crumble the cheese crackers and set aside.
6. Grease a casserole dish (about 2 quart) and pour the vegetable mixture into the dish. Level slightly. Pour in the milk mixture and top with grated cheeses.
7. Top with cheese cracker mixture and bake for 20-30 minutes until the top is golden.