

CREAMY SQUASH CASSEROLE



INGREDIENTS

- 2 Tbsp extra-virgin olive oil
- 4 large yellow squash, sliced 1/4-inch thick
- 1 sweet onion, thinly sliced
- 1 clove garlic, finely chopped
- 1 tsp fresh thyme leaves, finely chopped
- 1 tsp salt
- 1 cup shredded sharp cheddar cheese
- 1/2 cup whole milk
- 2 large eggs
- 1/2 tsp ground pepper
- 1 (3.5-ounce) sleeve round buttery crackers, crumbled
- 2 Tbsp unsalted butter, melted

DIRECTIONS

1. Preheat oven to 350°F.
2. Heat oil in a large nonstick skillet over medium heat. Add squash, onion and 1/2 tsp salt. Cook, stirring occasionally, until very soft (about 15 minutes). Add garlic and thyme; cook for 2 minutes until fragrant.
3. Transfer to a colander and drain for 5 minutes. Press dry with paper towels to prevent a watery casserole.
4. In large bowl, whisk together cheese, milk, eggs, pepper and 1/2 tsp salt. Stir in squash mixture.
5. In medium bowl, combine crackers and melted butter until coated.
6. Coat an 8-inch square baking dish with cooking spray. Pour in squash mixture and spread cracker mixture evenly over top.
7. Bake until set and golden on top, about 20 minutes.



Serves: 12

Serving Size: 1/2 cup

Calories: 152

Recipe courtesy of eatingwell.com