



STRONG Heart Program Recipe-of-the-Month

Zucchini Casserole

Recipe from Marcia Moreton

Ingredients compliments of Joan's garden and Wegmans

Ingredients

- 2 medium zucchini
- 2 medium yellow squash
- 1 small onion, chopped
- 1 small carrot, grated
- 1 can reduced sodium, reduced fat cream of chicken soup, such as Campbell's Healthy Request®
- 1 cup croutons
- 1 tablespoon reduced fat margarine, melted

Directions:

1. Slice zucchini and summer squash crosswise. Mix with onions and carrots. Steam until crisp tender.
2. Mix soup and sour cream with the vegetables and spread in a 2 quart casserole dish.
3. Mix croutons and melted margarine together. Sprinkle on top of vegetable mixture.
4. Bake at 350° F for 30 minutes or until mixture bubbles.

Yield: 8 servings **Serving Size:** 1 cup

Nutrition Information: 100 calories, 2.5g fat, <1g sat. fat, 3mg cholesterol, 217mg sodium, 15g carbohydrate, 2g fiber, 3g protein.
