



The Edible Garden

Recipe featured at *Cooking for Your Health* demonstration, June 29

Yellow Squash Skillet Casserole

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Makes 4 -1/2 cup servings

Ingredients

Vegetable oil spray
12 ounces yellow summer squash, thinly sliced
1/2 cup shredded carrots
1/2 cup finely chopped green bell pepper
1/2 teaspoon dried oregano, crumbled
1/8 teaspoon pepper
1/8 teaspoon salt
2 tablespoons snipped fresh parsley
1/4 cup shredded reduced-fat sharp Cheddar cheese
2 tablespoons plain dry bread crumbs

Instructions

- Preheat the broiler.
- Heat a large nonstick or ovenproof skillet over medium-high heat. Remove skillet from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the squash, carrots, bell pepper, oregano, and pepper for 6 minutes, or until the squash is tender-crisp, stirring frequently. Remove from the heat. Sprinkle with the salt, parsley, and cheese. Top with the bread crumbs.
- If using a nonstick skillet, cover the handle with aluminum foil to prevent discoloration. Broil 3 to 4 inches from the heat for 30 to 45 seconds, or until the bread crumbs begin to lightly brown.