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Tex-Mex Summer Squash Casserole

Prep Time: 15 mins

Cook Time: 1 h 15 mins

Total Time: 1 h 30 mins

Ingredients

- ❖ 2 1/4 pounds squash, summer (yellow), quartered lengthwise and thinly sliced crosswise, (about 10 cups)
- ❖ 2/3 cup(s) onion(s), yellow, finely chopped
- ❖ 4 ounce(s) pepper(s), green chile, canned, chopped
- ❖ 4 1/2 ounce(s) pepper(s), jalapeno, canned, drained, chopped, (about 1/2 cup)
- ❖ 1/2 teaspoon salt, or to taste
- ❖ 2 1/4 cup(s) cheese, cheddar, extra-sharp, grated, (about 7 ounces), divided
- ❖ 1/4 cup(s) flour, all-purpose
- ❖ 3/4 cup(s) salsa, mild
- ❖ 4 medium scallion(s) (green onions), thinly sliced, for garnish
- ❖ 1/4 cup(s) onion(s), red, finely chopped, for garnish



Recipe Tip:

- ❖ If you can find it at your local market, choose fresh chile peppers.
- ❖ Using whole-wheat flour instead of all-purpose flour will give you more nutritional bang for your calorie buck.

Preparation

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Combine squash, onion, chiles, jalapeños, salt and 3/4 cup cheese in a large bowl. Sprinkle with flour; toss to coat. Spread the mixture in the prepared baking dish and cover with foil.
3. Bake the casserole until it is bubbling and the squash is tender, 35 to 45 minutes. Spoon salsa over the casserole and sprinkle with the remaining 1 1/2 cups cheese. Bake, uncovered, until golden and heated through, 20 to 30 minutes. Sprinkle with scallions and red onion.