

Low-Point Cheesy Squash Casserole

Ingredients:

- 1 1/2 lbs yellow or green squash, sliced (no need to peel)
- 1/2 cup green onions (chopped)
- 1/2 cup fat-free mayonnaise
- 1 egg
- 1 Tbs flour
- 1/4 tsp. salt
- 4 oz. reduced-fat block cheddar cheese, shredded
- 1/2 cup bread crumbs
- 1 Tbs butter - (I used Land O Lakes Lite)

Combine squash and green onions in a large microwavable bowl. Cover with plastic wrap, folding back a corner to allow steam to escape. Microwave on high for 6 minutes or until squash is tender. Do not drain. In a separate bowl whisk together mayonnaise and next three ingredients. Stir in squash mixture and cheese. Spoon mixture into a lightly greased 8-inch by 11 1/2-inch baking dish. Cover tightly with plastic wrap, folding back a small edge to allow steam to escape. Microwave on high for 10 minutes or until casserole is set. Remove from microwave and let stand 5 to 10 minutes. Stir together bread crumbs and melted butter and microwave for 1 1/2 minutes. Sprinkle over casserole and enjoy!

Total servings - 7 (1/2 cups)

Serving size - 1

Points per serving - 2.7

This delicious recipe can be found on the website *Points In My Life* (www.pointsinmylife.com)

"Unless you try to do something beyond what you've already mastered, you will never grow." - Ronald E. Osborn