

Squash Casserole Virginia

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Yield: 8 to 10 servings

*2 to 3 pounds yellow
squash
1 large onion, chopped
1 can (10-1/2 ounce) cream
of mushroom soup
8 ounces sour cream
4 ounces chopped pimiento
(optional)
1 cup (3 carrots) shredded
carrots (optional)
1 package (8 ounce)
stuffing mix
1 stick butter, melted*

Preparation Time: 20 minutes**Bake Time: 30 minutes**

In a saucepan, parboil the squash. Drain.

In a bowl, combine the onion, soup and sour cream. Fold into the squash. Pour the mixture into a three-quart casserole dish.

Add the pimientos and carrots, if desired.

In a bowl, blend the stuffing mix with the melted butter. Place the stuffing mix over the top of the casserole.

Bake in the oven at 350 degrees for 30 minutes.

(You can substitute zucchini for squash in this dish.)

Per Serving (excluding unknown items): 1520 Calories; 149g Fat (86.3% calories from fat); 14g Protein; 39g Carbohydrate; 7g Dietary Fiber; 351mg Cholesterol; 2098mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Vegetable; 1/2 Non-Fat Milk; 29 1/2 Fat.