

Cottage Cheese Zucchini Casserole

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Servings: 10

Preparation Time: 20 minutes

Bake Time: 45 minutes

Exchanges: 1 vegetable, 2 medium fat

190 calories; 13 g total fat; 6g saturated fat; 90mg cholesterol; 420mg sodium; 9g carbohydrate; 2g fiber; 3g sugar; 13g protein

2 pounds zucchini, sliced

1 cup onions, chopped

1 cup sliced mushrooms

1 clove garlic, minced

2 tablespoons oil

1 container (16 oz) 2% cottage cheese

2 cups sharp cheddar cheese, shredded

3 eggs, beaten

2 tablespoons flour

2 tablespoons italian seasoning

1/2 teaspoon salt

Preheat oven to 350 degrees. Grease 2.5 quart casserole

Cook and stir zucchini, onions, mushrooms and garlic in oil in large skillet on medium high heat for 5 minutes.

Drain in a colander. Set aside.

Mix remaining ingredients in large bowl. Stir in vegetable mixture. Pour into prepared casserole.

Bake 45 minutes or until knife inserted in center comes out clean.

Per Serving (excluding unknown items): 164 Calories; 12g Fat (64.3% calories from fat); 9g Protein; 6g Carbohydrate; 1g Dietary Fiber; 87mg Cholesterol; 272mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.