

Southern Squash Casserole

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/squash-casserole-recipe-southern>

Ingredients:

- 32 ounces squash bag of frozen, or 6 cups large sliced fresh squash
- 1 onion large, sliced and roughly chopped
- 2 tablespoons butter {I use Smart Balance}
- 1/2 cup sour cream {I use fat-free}
- 1 teaspoon seasoning Camp Mix, {or you can use Paula Deen's House Seasoning, see recipe in notes}
- 2 cups cheddar cheese grated
- 1 cup Ritz Crackers crushed, {I use Whole Wheat Ritz Crackers}

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 60 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 13 grams
8. Sodium: 330 milligrams
9. Sugar: 5 grams

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