

# Zucchini Summer Squash Casserole

Yield: 7 min  
Total Time: 1 min

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

## Ingredients:

- 4 medium zucchini chopped
- 2 yellow squash medium, chopped
- 1/2 yellow onion chopped
- 2/3 cup mozzarella cheese grated, divided
- 1/2 cup sharp cheddar cheese grated, divided
- 1/2 cup Parmesan cheese grated
- 1/4 cup fresh basil finely chopped
- 1 teaspoon garlic powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- kosher salt
- freshly ground pepper

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 4 grams
8. Sodium: 360 milligrams
9. Sugar: 6 grams

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