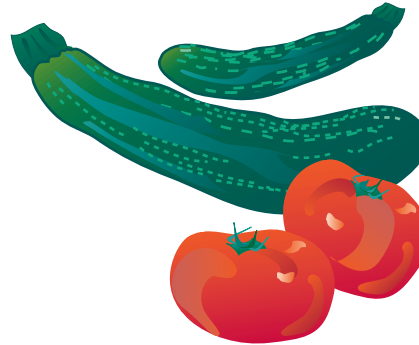


Cheesy Squash Bake

Ingredients:

- 3 medium sliced yellow or zucchini squash
- 1/2 cup chopped onion
- 2 tablespoons all vegetable oil
- 1 pound lowfat cottage cheese
- 2 fresh tomatoes, sliced
- 1 teaspoon basil
- 1/2 teaspoon oregano
- 1/3 cup parmesan cheese



Preparation:

1. Saute zucchini and chopped onion in oil.
2. Whip cottage cheese with basil and oregano in blender.
3. Place alternating layers of zucchini, cottage cheese and tomato in a 1 1/2 quart casserole dish.
4. Top with parmesan cheese.
5. Bake at 350° F, uncovered, for 25 to 30 minutes.

Makes approximately six 1 cup servings

Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Values*	
Total Fat 6g	10%
Saturated Fat 1.5g	8%
Cholesterol 5mg	2%
Sodium 360mg	15%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	7%
Sugars 5g	
Protein 11g	
Vitamin A 10%	• Vitamin C 25%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	