



SQUASH CASSEROLE

3 pounds. yellow squash
8 ounces light sour cream
½ cup chopped onion
¼ cup chopped fresh chives
1 ½ teaspoon salt (divided)
½ cup crushed cornflakes
1 cup grated carrots
½ cup crushed French fried onions
1 can reduced-fat cream of chicken soup
2 tablespoons melted butter
¼ teaspoon ground pepper

Cut squash into ¼ inch-thick slices. Put in a Dutch oven with the onion, 1 teaspoon salt and water to cover. Bring to a boil and cook 5 minutes. Drain well and remove the moisture from the squash. Stir together the grated carrots, soup, chives, sour cream and the remaining ½ t. salt in a large bowl, fold in the squash mixture. Spoon mixture into a lightly greased 2 quart oval baking dish. Stir together cornflakes and French fried onions. Add melted butter and pepper. Sprinkle over the squash mixture. Bake 350 degrees for 30-35 minutes or until golden brown and bubbly. Shield with foil after 20-25 minutes to prevent excessive browning. Let stand 10 minutes before serving.

Adapted from a recipe in Southern Living Cooking Light, July 2011.