



SQUASH 'N TOMATO CASSEROLE

2 or 3 yellow or zucchini squash
3-4 tomatoes, sliced thin
1 onion, cut in rings
1 bell pepper, sliced thin (optional)
1/4 cup "plus 3" seasoning*
1/3 cup parmesan cheese
Salt & pepper to taste
2/3 cup bread crumbs, optional

Slice 1/3 of the squash into a 1 1/2 qt. casserole dish, followed by 1/3, each, of remaining ingredients. Continue with 2 more layers, ending with parmesan cheese on top. Cover, and microwave for 8 or 9 minutes, or until squash is tender. Stop and turn the dish every 3 minutes to cook evenly. (The liquid that results from the microwaved version is absolutely heavenly to *drink!*) OR, bake as a casserole in the oven, putting bread crumbs on top and between the layers, for about 30-40 minutes at 350 degrees. Serves 6.

*"Plus 3" seasoning is equal parts green onion tops, celery leaves, and parsley. Mix well and freeze for later use.