



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Tex-Mex Summer Squash Casserole

Prep Time: 15 mins

Cook Time: 1 h 15 mins

Total Time: 1 h 30 mins

Ingredients

- ❖ 2 1/4 pounds squash, summer (yellow), quartered lengthwise and thinly sliced crosswise, (about 10 cups)
- ❖ 2/3 cup(s) onion(s), yellow, finely chopped
- ❖ 4 ounce(s) pepper(s), green chile, canned, chopped
- ❖ 4 1/2 ounce(s) pepper(s), jalapeno, canned, drained, chopped, (about 1/2 cup)
- ❖ 1/2 teaspoon salt, or to taste
- ❖ 2 1/4 cup(s) cheese, cheddar, extra-sharp, grated, (about 7 ounces), divided
- ❖ 1/4 cup(s) flour, all-purpose
- ❖ 3/4 cup(s) salsa, mild
- ❖ 4 medium scallion(s) (green onions), thinly sliced, for garnish
- ❖ 1/4 cup(s) onion(s), red, finely chopped, for garnish



Recipe Tip:

- ❖ If you can find it at your local market, choose fresh chile peppers.
- ❖ Using whole-wheat flour instead of all-purpose flour will give you more nutritional bang for your calorie buck.

Preparation

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Combine squash, onion, chiles, jalapeños, salt and 3/4 cup cheese in a large bowl. Sprinkle with flour; toss to coat. Spread the mixture in the prepared baking dish and cover with foil.
3. Bake the casserole until it is bubbling and the squash is tender, 35 to 45 minutes. Spoon salsa over the casserole and sprinkle with the remaining 1 1/2 cups cheese. Bake, uncovered, until golden and heated through, 20 to 30 minutes. Sprinkle with scallions and red onion.