

# Cheesy Squash Casserole

2 pounds yellow squash  
1 medium onion  
2 teaspoons margarine  
2 tablespoons all-purpose flour  
1 cup fat free milk  
1/2 cup shredded reduced fat mild Cheddar cheese  
1/2 teaspoon salt  
1/4 teaspoon pepper  
Nonstick cooking spray  
1/3 cup toasted bread crumbs

**Makes 8 portions, 1/2 cup each**

Per portion

Calories:	83
Carbohydrate:	11 grams
Protein:	4 grams
Fat:	3 grams
Saturated fat:	1 gram
Cholesterol:	5 milligrams
Sodium:	243 milligrams
Dietary fiber:	2 grams

1. Preheat oven to 350°.
2. Wash and slice squash.
3. Chop onion.
4. Cook squash and onion in a small amount of boiling water 10 to 15 minutes until vegetables are tender. Drain and set aside.
5. Melt margarine in medium saucepan over medium heat. Add flour and cook 1 minute, stirring constantly. Add milk and stir constantly until mixture is thickened and bubbly.
6. Remove from heat. Add cheese, salt, and pepper, stirring until cheese melts. Add squash mixture and stir well.
7. Coat shallow 1 1/2 quart casserole dish with cooking spray and pour squash mixture in dish.
8. Sprinkle bread crumbs evenly over squash.
9. Bake at 350° for 20 to 25 minutes or until mixture is thoroughly heated.