

Betty's Squash By Gosh! Casserole Recipe



Uploaded on Jul 14, 2009

In this video, Betty responds to a viewer request by making her Squash-By-Gosh! Casserole. Betty uses the yellow summer squash and the green zucchini squash that she purchased during her visit to the Farmer's Market on Saturday. (You may use all of one type or the other, or mix them, as in this recipe.) If you thought squash was just a bland vegetable to avoid, give this zesty casserole a try!

Ingredients:

- 2 cups yellow squash, washed and diced into 1/2-inch cubes
- 2 cups zucchini squash, washed and diced into 1/2-inch cubes
- 1 tablespoon extra virgin olive oil (for cooking squash)
- 1 small to medium onion, chopped
- 1 tablespoon extra virgin olive oil (for sauteing onion)
- 1/3 cup sour cream
- 2/3 to 3/4 cup shredded sharp Cheddar cheese
- salt, to taste
- ground black pepper, to taste
- garlic powder, to taste
- cooking oil spray
- 1 inner packet of Ritz crackers, made into crumbs
- 3 tablespoons butter, melted

Cook the 4 cups of yellow and zucchini squash in 1 tablespoon of olive oil over low heat until soft, about 20 minutes. Place the cooked squash into a colander that has been lined with paper toweling. When cool enough, squeeze the paper toweling to absorb any excess oil and liquid from the cooked squash. In a medium-sized, deep skillet, saute the chopped onion in 1 tablespoon olive oil over low heat until clear, about 5 minutes. Remove from heat. Now, add the cooked squash to the sauteed onions, and stir around. Add in 1/3 cup sour cream and 2/3 to 3/4 shredded Cheddar cheese, stirring well after each addition.. Stir in salt, ground black pepper, and garlic powder, to taste. Pour the mixture into a deep dish pie plate (or similar oven-proof dish that has been sprayed with cooking oil).

Make your topping: Mix Ritz cracker crumbs with melted butter, to get a nice consistency for a crumb topping. Sprinkle the crumbs evenly over the top of your casse-role. Bake at 350 for 15 to 20 minutes, until the casserole is bubbly and the crumbs are beginning to brown. Note: This is just a small-sized recipe for you to try.--about 4 servings. If you need more, just double the recipe and use a 13 x 9 x 2-inch casserole dish, and increase the cooking time a bit. You will never regard squash as a bland vegetable, after you try this! Enjoy!!!