

Baked Zucchini Squash

Makes: 4 Servings

Ingredients

2 medium Zucchini squash
1/2 cup Sour cream, low-fat
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon garlic powder
3 tablespoons parmesan cheese, grated
1/4 cup Bread crumbs, dried

Directions

1. Preheat oven to 375 degrees.
2. Wash the squash, and drain in a colander.
3. Place each squash on the cutting board. Cut off the ends, and discard.
4. Slice each squash into 1/2-inch circles. Place cut squash in a 1-quart mixing bowl.
5. Add sour cream, salt, pepper, and garlic powder to the squash. Mix well.
6. Pour the squash mixture into a 1-quart casserole dish. Smooth out to fill the bottom of the dish.
7. Sprinkle the Parmesan cheese over the squash evenly. Then top with bread crumbs.
8. Bake for 30 minutes.
9. Enjoy!

Notes

Serving Size: 1 cup