

SIDE DISH

Squash Casserole

28 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
80 min	25 min	55 min	6	\$1.62	443 kcal



Indulge in the comforting warmth of our Squash Casserole, a beloved dish that perfectly blends flavors and textures, making it a popular choice for any meal. This delightful casserole is not only a fantastic side dish but also serves as an appetizing starter or a tasty snack. With its creamy sour cr...

Ingredients

☐ ¼ cup black pepper	☐ 4 tablespoons butter
☐ 1 cup crushed butter crackers (recommended: Ritz)	☐ 1 cup grated cheddar cheese
☐ ¼ cup garlic powder	☐ 1 large onion, chopped
☐ 1 cup salt	☐ ½ cup sour cream
☐ 6 servings Vegetable oil	☐ 6 cups diced yellow squash and zucchini

EQUIPMENT Frying pan, Oven, Casserole dish, Kitchen towels, Colander

Method

- 1 Preheat oven to 350 degrees F.
- 2 Saute the squash in a little vegetable oil over medium-low heat until it has completely broken down, about 15 to 20 minutes. Line a colander with a clean tea towel.
- 3 Place the cooked squash in the lined colander. Squeeze excess moisture from the squash. Set aside.
- 4 In a medium size skillet, saute the onion in butter for 5 minutes.
- 5 Remove from pan and mix all ingredients together except cracker crumbs.
- 6 Pour mixture into a buttered casserole dish and top with cracker crumbs.
- 7 Bake for 25 to 30 minutes.
- 8 Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition per serving

	443 KCAL	10 g PROTEIN	35 g FAT	27 g CARBS
Saturated Fat				13.3 g · 83% of daily needs
Fibre				5.3 g · 21% of daily needs
Sugar				6 g · 7% of daily needs
Sodium				19,158 mg · 833% of daily needs
Cholesterol				50.2 mg · 17% of daily needs
Vitamin C				24.3 mg · 30% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/squash-casserole-146130