

SIDE DISH

Squash Casserole

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
58 min	10 min	48 min	8	\$1.07	194 kcal



Squash Casserole might be just the hor d'oeuvre you are searching for. One portion of this dish contains roughly 6g of protein, 4g of fat, and a total of 194 calories. This recipe serves 8. For \$1.07 per serving, this recipe covers 11% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 10¾ ounce condensed reduced-fat, reduced-sodium cream of chicken soup, undiluted canned
- ☐ 1 tablespoon chopped fresh parsley
- ☐ ½ cup finely chopped onion
- ☐ ½ teaspoon salt
- ☐ 1½ pounds yellow squash (about 4 medium)
- ☐ ¼ cup grated carrot
- ☐ 8 ounce carton fat-free sour cream
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon chopped fresh oregano
- ☐ 1 cup herb-seasoned stuffing mix, divided

Method

- 1 Preheat oven to 32
- 2 Cut squash into quarters. Cook squash in boiling water 12 minutes or until very tender.
- 3 Drain.
- 4 Place squash in a large bowl; mash with a potato masher. Set aside.
- 5 Heat oil in a small skillet over medium-high heat; add onion and carrot. Saut 3 minutes.
- 6 Add onion mixture to squash. Stir in soup and next 5 ingredients.
- 7 Sprinkle 1/2 cup stuffing mix in an 8- inch square baking dish coated with cooking spray. Spoon squash mixture over stuffing mix; top with remaining stuffing mix.
- 8 Bake, uncovered, at 325 for 30 minutes.

Nutrition per serving

194	6 g	4 g	34 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1 g · 6% of daily needs
Fibre			2.3 g · 9% of daily needs
Sugar			5.3 g · 6% of daily needs
Sodium			873 mg · 38% of daily needs
Cholesterol			5.9 mg · 2% of daily needs
Vitamin C			16.1 mg · 20% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/squash-casserole-148085