

## Southern Squash Casserole

*With chicken (optional)*

Serves 8–10

### Ingredients

3–4 lbs. of fresh yellow squash or zucchini

4 garlic cloves (*peeled and minced*)

1 large onion (*diced*)

1 can of cooked chicken (*or 4–6 oz of diced and cooked boneless chicken*)

2 cups of mozzarella cheese (*shredded*)

2 cups of cheddar blend (*shredded*)

2 eggs (*beaten*)

Breadcrumbs (*Italian style*)

Spices (*to taste*): sea salt, pepper, granulated garlic, Mrs. Dash spice mix or Nature's seasoning (*fresh savory herbs are a plus!*)

### Tools needed

Large deep pot, bowl, casserole dish, cutting board, chef's knife, colander, potato or veggie masher and a small whisk or a fork.

### Instructions

***Preheat the oven to 350°F***

#### ***Prep the Squash***

- Wash and cut the squash into medium chunks, then add them into a large pot.
- Add the onion, garlic, and season lightly with salt and pepper.
- Cover with water and allow it to simmer until the veggies are tender and translucent.
- Drain and return the cooked veggies to the pot.
- Using the potato masher mash them until slightly chunky.

#### ***Assemble and Bake***

- Add the chicken to the squash and veggie mixture.
- In a separate bowl, beat the eggs. To temper the eggs, beat in about 3 spoonful's of the warm squash mix. Do this by incorporating one spoonful at a time.
- Add the egg mixture to the squash.
- Stir in about a cup of each cheese.

- Season to taste with the spices, until it smells aromatic, making sure everything is well combined.
- Add the seasoned squash mixture to a casserole dish.
- Top it with the remaining cheeses and a dusting of breadcrumbs.
- Bake for about 40 minutes, or until bubbly and golden around the edges.
- Serve as a classic southern side or as a main dish.

**Notes:**

- ***Add a smoky element by including smoked paprika in the seasoning mix.***
- ***For additional flavor, top it with some pre-cooked turkey bacon pieces.***
- ***This recipe can also be made vegetarian by excluding the chicken.***
- ***Make it your way and enjoy!***