

# Food Babe's Summer Squash Casserole



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	30 mins	40 mins	4

<https://foodbabe.com/scrumptious-summer-squash-casserole-thats-actually-healthy>

## Ingredients:

- 1 tablespoon coconut oil
- ½ yellow onion, diced
- 3 cups yellow squash, sliced
- 1 egg
- ½ cup goat cheese
- ½ cup almond milk (nut allergy: use coconut milk)
- ⅛ teaspoon cayenne pepper
- ¼ teaspoon sea salt
- 1 cup breadcrumbs
- 2 tablespoons fresh parsley, chopped

## Instructions:

1. Preheat the oven to 350° F.
2. Heat the oil in a saute pan over medium heat. Add the onion and squash and cook for 4-5 minutes.
3. In a bowl, whisk together the egg, cheese, milk, cayenne and salt and pepper.
4. Place the squash mix in a casserole dish and top with the egg mixture. Sprinkle the Ezekiel breadcrumbs on top and place in the oven for 25-30 minutes. To serve, top with some fresh parsley. Enjoy!

## Notes:

- \*To make Ezekiel breadcrumbs, toast 4 slices of Ezekiel bread. Place in a food processor and pulse until finely ground.
- Please choose all organic ingredients if possible