

Squash Casserole **from Karen Visser**

Ingredients:

- 1 large onion, sliced
- 4 yellow squash, sliced large, quartered
- Olive oil
- 3 organic eggs
- 1/2 cup milk
- 1 cup shredded cheese, your preference
- Sea salt and pepper, to taste
- 2 cups whole grain cereal flakes or bread crumbs

Directions:

1. Sauté squash and onion in a skillet in olive oil on medium heat.
2. Pour cooked veggies into a casserole dish.
3. Mix other ingredients (except flakes of bread crumbs)
4. Pour the above over the veggies
5. Top with bread crumbs or cereal flakes.
6. Bake 350° for 45-60 minutes

Bon Appétit!

