SUMMER SQUASH AU GRATIN

Low Carb / Diabetes Friendly

Serves: 1 cup

Nutrition (per serving)

Calories: 203	Total Carbohydrate: 15 g
Total Fat: 14 g	Dietary Fiber: 2 g
Saturated Fat: 8 g	Protein: 6 g
Sodium: 357 mg	

Ingredients

2 Tbsp butter

2 medium zucchini, cut into 1/4 inch round slices

2 medium yellow squash, cut into 1/4 inch roun slices

2 shallots, minced

1/2 tsp salt

1/4 tsp coarsely ground pepper

4 cloves garlic, minced

1/2 cup heavy whipping cream

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1 cup panko bread crumbs, divided

1/2 cup grated Parmesan cheese, divided

Directions

1. Preheat oven to 450 degrees. In a large skillet, melt butter over medium heat. Add zucchini and yellow squash and shallots. Sprinkle with salt and pepper. Cook, stirring occasionally, until squash are crisp-tender, about 4-6 minutes. Add garlic and cook an additional 1 minute.

2. Add cream; cook until thickened, about 3-5 minutes.

3. Remove from heat. Stir in 1/2 cup panko bread crumbs and 1/4 cup cheese.

4. Spoon mixture into a greased 2 quart baking dish. Sprinkle remaining bread crumbs and cheese on top.

5. Bake until topping is golden brown and the casserole is bubbly at the edges, about 8-10 minutes.