

Squash Corn Bake

Stacy Lundy

4 yellow squash
2 Tbsp. butter, divided
1 small onion, chopped
2 eggs, beaten
2 cups frozen corn (1 pkg.)

1 cup shredded Swiss cheese
½ tsp. salt
¼ cup Ritz cracker crumbs
2 Tbsp. Parmesan cheese

Cut squash into 1-inch rounds and cook until tender. Drain and mash with fork. Sauté 1 tablespoon butter and chopped onion. Combine squash, onion, corn, Swiss cheese, salt, and eggs. Put in 1-quart greased casserole. Combine cracker crumbs, Parmesan, and 1 tablespoon melted butter, and sprinkle on top. Bake at 350° for 40 minutes.

Mashed Parsnips

Stephanie Collins

These are a great substitution for mashed potatoes with less carbs.

2 lbs. parsnips, peeled and cut
into small chunks*
1 cup chicken broth
1 ½ cups water
1 garlic clove, minced

Bay leaf
1 sprig of fresh thyme
Butter, to taste
Salt and pepper, to taste

In a deep pan, combine parsnips, chicken broth and water. Add minced garlic, bay leaf, and thyme. With a lid on, simmer until very tender (about 15 minutes). Drain off broth and reserve it to the side. Mash parsnips with a fork or potato masher. Add broth until desired consistency is reached. Add butter, salt and pepper.

**You can also use cauliflower in place of parsnips for this recipe.*