

## **Squash Casserole**

2 pounds yellow squash, sliced  
3/4 cup chopped onion  
1 tablespoon reduced-calorie margarine  
2 tablespoons all-purpose flour  
1 cup fat-free milk  
3/4 cup (3 ounces) shredded reduced-fat Cheddar cheese  
1/2 teaspoon salt  
1/4 teaspoon pepper  
Cooking spray  
1 cup RITZ crackers crumbs \*

Cook squash and onion in a small amount of boiling water 10 to 12 minutes or until vegetables are tender. Drain; set aside.

Preheat oven to 350°.

Melt margarine in a medium, heavy saucepan over medium heat. Add flour; cook, stirring constantly, 1 minute. Gradually add milk; cook, stirring constantly, until mixture is thickened and bubbly. Remove from heat; add cheese, salt, and pepper, stirring until cheese melts. Add squash mixture; stir well.

Spoon squash mixture into a shallow 1 1/2-quart baking dish coated with cooking spray. Sprinkle squash mixture evenly with cracker crumbs. Bake at 350° for 20 to 25 minutes or until mixture is thoroughly heated