

Squash Lasagna

- 6 large zucchini, cut into lengthwise strips (to resemble lasagna noodles)
- 1 jar spaghetti sauce
- 1 jar Alfredo sauce
- 1 pound ground hamburger, chicken, or turkey
- 1 package shredded mozzarella cheese

In skillet, brown meat and drain. Stir in jar of spaghetti sauce, in greased 9X13 inch casserole dish, layer squash until bottom is covered (about half), then layer in order 1/2 hamburger mixture, 1/3 jar alfredo sauce, 1/4 cup cheese. Repeat layering until ingredients are gone, top with remaining cheese and cover with aluminum foil. Bake in oven at 375 degrees for 45 min, remove aluminum foil for last 10 min of cooking time.

Sauteed squash and onions

- 4 medium yellow squash, cut into medallions
- 1 small onion, thinly sliced
- 1 tablespoon oil
- Salt and pepper to taste

In skillet, heat oil, then add onion and squash, cook over medium heat until onions are caramelized and squash is tender (about 5-7 minutes)