

SQUASH CASSEROLE RECIPE

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Follow our easy, step-by-step, instructions to make this very special Squash Casserole recipe. It's a great way to use some of those summer crooked neck yellow squash and it's so simple to put together. We're using herb stuffing in this version.

Squash Casserole Recipe:

A few days ago, I received a "Tweet," message from one of my newest Internet friends. I was both honored and surprised by the message, and immediately set out to respond to the request that was issued. Let me bring you up to date a bit.

Several weeks ago, I received an email from [Glenn Lyman](#). Glenn had found my [Southern Green Beans](#) here on Taste of Southern and sent me a very nice note about trying the recipe. In that email, Glenn mentioned that he was a personal chef and that he worked with NASCAR driver [Jeff Gordon](#). How cool is that?

I soon learned that Glenn had his own website, sells some of his own products, and that he has a pretty amazing history of having been personal chef to some really big names in sports. Glenn spent years as the personal chef to NBA Champion, 3 time MVP [Lebron James](#), known as the KING of Basketball. He also works with many of the [Carolina Panthers](#) players and the list goes on and on. Glenn prepares special, nutritious meals for the athletes to help keep them in top condition.

While Glenn promotes a good healthy diet throughout the week and encourages you to "Eat Like You Mean It," he does give just a little on the weekends with his "low and slow," mantra. I think that's when he tries out some of the delicious Southern Cooking available in the area. Glenn and his family moved from the Ohio area recently and now reside in Charlotte, North Carolina. We're glad to have you among us Glenn.



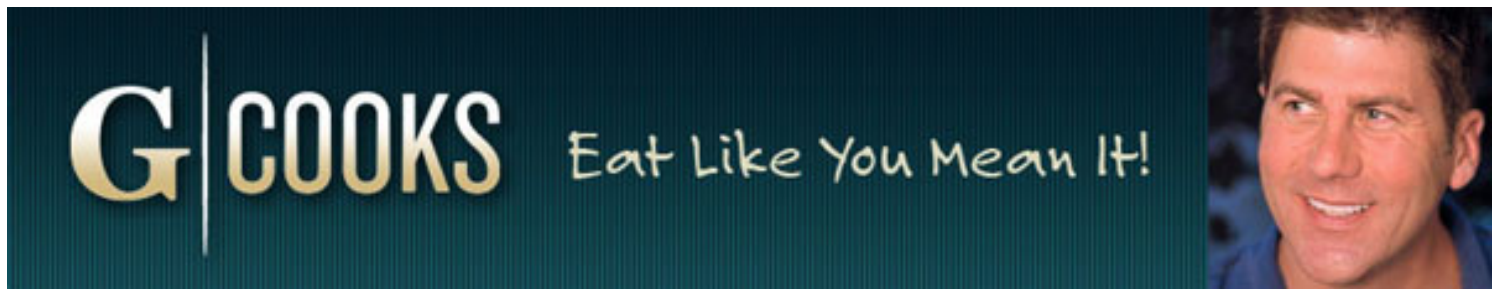
This was the Tweet that I received from Glenn asking about a recipe for Squash Casserole.

I told Glenn that I would prepare the recipe that my sister had submitted to our Family Reunion Cookbook made some years back. There were three recipes for Squash Casserole in that little family book and as it turned out, one of them had been submitted by my late sister. All three of the recipes were pretty much the same and all three used a herb stuffing mix to make the dish. As I mentioned to Glenn, I'm not sure it's what he tried and liked, but I'd be happy to share one of my older sisters recipes.

Many folks use the Ritz type of crackers instead of a herb stuffing mix, and many use mushroom soup instead of cream of chicken. Some are basic and others add a variety of more vegetables. Some add cheese, but this one does not. As you can see, there are lots of variations on squash casseroles.

So, I can only hope Glenn might try this version, and that it might be like what he first tried and seemed to have enjoyed so well. Or, maybe both you and Glenn will give this recipe a try and just enjoy this particular version. I'd be honored to hear how it turns out for you and my sister would have been happy to know that you've tried it as well.

Ready to give it a go? Alright then... Let's Get Cooking!



Once you get the casserole in the oven, check out [G|Cooks](#), the Glenn Lyman website.

Squash Casserole: You'll need these ingredients.

Scrub the squash and the carrots really good to make sure you remove any dirt or anything else that might be attached.

Cut both ends off of the Squash.

Slice the squash into about 1/4 inch slices. If you really like biting into squash, cut it a bit thicker. It's your choice.

Trim the ends off of the carrots.

Grate the carrots. OK, I've got a bit more than I'm going to need right here.

Slice the Onions.

Place the sliced squash and onions into a sauce pan large enough to hold them all.

Add the teaspoon of salt.

Add enough water to the pot to just cover the vegetables. Give it a stir to mix in the salt.

Place the sauce pan over medium heat on your stove and let the vegetables cook at a low boil.

Let them cook until tender. This will only take about 8-10 minutes on average.

Place the cup of carrots in the bottom of your colander. We're going to let them warm up a bit with the next step.

Pour the cooked squash and onions mixture over the carrots. The heat from the squash will help soften and slightly cook the carrots.

Now is a good time to go ahead and preheat the oven to 350 degrees.

While the oven is warming up, just let the squash mixture continue to drain and cool down.

In a separate mixing bowl, add the can of Cream of Chicken Soup.

Add the Sour Cream.

Add in the Stuffing Mix but save about 1/2 cup or a little more so we can use it as a topping.

Fold the mixture together just until it's blended.

Add a layer of the stuffing mix to the bottom of your casserole dish of choice. This is a deep 2 quart dish. I placed about half of the stuffing mix on the bottom.

Shake off any remaining liquid from the squash mixture and give it a good stir. Be gentle so you don't tear the squash all to pieces.

Place about half of the vegetable mixture in the casserole dish on top of the stuffing mixture. Spread it out evenly to all the edges.

Spread the remaining stuffing mix on top of the layer of squash. Spread it out to the edges as best as possible.

Add the remaining squash mixture.

Take the leftover stuffing mix and spread it out all across the top.

Place thin slices of the butter all over the top of the dry stuffing mix. It's ready for the oven.

Place the dish in your preheated oven and let it bake for about 35-45 minutes. You'll want to start watching the top of the casserole as it nears the final baking time to be sure you don't burn the topping.

The vegetables were already pretty well cooked when we placed the dish into the oven. You're just basically heating it all up so it's not like there's a real point to where it's DONE. Just don't let the top burn and you'll be good once it's cooked for about half an hour.

Remove the dish from the oven and place it on some folded towels or a wire rack and let it cool a bit.

Serve it up while it's still good and warm and... ENJOY!