

Green And Gold Casserole

1 lb. fresh zucchini, sliced
Boiling water, lightly salted
½ cup bread crumbs
1 can (1 lb.) whole kernel corn
1½ cups small curd cottage cheese
2 tablespoons dairy sour cream
2 tablespoons flour
¾ teaspoon salt
Dash pepper
3 dashes Tabasco® sauce
2 eggs
1 8 oz can diced green chilies
½ cup grated Cheddar cheese

Preheat oven to 350°F. Butter a one quart casserole; set aside. Cook zucchini in boiling salted water until just tender; drain. Drain corn. In mixer bowl or blender jar, combine cottage cheese, sour cream, flour, salt, pepper, Tabasco® sauce and eggs. Beat or blend until smooth. Fold in zucchini, corn and chilies. Pour into buttered casserole. Top with cheddar cheese and breadcrumbs. Bake 45 minutes.

Makes 4 main dish servings or 6 protein-rich vegetable servings.

Bon Appetit!

Carol Frank