

Summer Squash Casserole

Prep Time: ~ 10 Minutes

Cook Time: ~ 40 Minutes

8 to 10 servings

Ingredients

- 2 cups sliced yellow squash
- 1 cup sliced zucchini
- ½ cup leek, finely chopped
- 1 cup water
- 1 teaspoon salt, divided
- 2 cups crushed buttery crackers (use gluten free crackers as needed)
- ½ cup melted ghee or butter
- 1 package mushrooms
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 large carrot, shredded
- ½ cup Khefir or yoghurt
- 1 teaspoon sage
- ½ teaspoon fresh ground pepper
- 1 cup shredded sharp Cheddar cheese



Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large saucepan combine yellow squash, zucchini, leek, mushrooms, water and ½ teaspoon salt. Cover and cook over medium heat for about 6 minutes. Drain well and set aside.
3. In a medium bowl combine cracker crumbs and ghee or butter.
4. Mix well and spread half of the mixture into the bottom of a 9"x13" casserole dish.
5. In a large bowl combine water chestnuts, carrots, kefir or yoghurt, sage, pepper and the remaining ½ teaspoon salt. Add the squash mixture and mix well.
6. Spoon over the crumb crust.
7. Sprinkle cheese on top, and then the remaining cracker crumbs.
8. Bake in preheated oven for 20 to 30 minutes, or until firm and heated through.
9. Enjoy!

Gluten Free Zucchini Bread

Ingredients:

- 3 eggs
- 1 cup Sucanat
- 1 cup Turbinado sugar
- 1 cup sunflower oil
- ½ tsp. cinnamon
- ½ tsp. ginger
- ¼-½ tsp. ground clove
- ¼ tsp. nutmeg
- 1 tsp. salt
- 2 tsp. vanilla extract
- 1 tsp. lemon zest
- 1½ cup chopped nuts (almond, pecan, acorn, hazelnut, depending on taste)
- 3-4 cups grated zucchini
- ½ cup shredded unsweetened coconut (optional)
- 3 cups flour: 1½ rice flour, 1¼ Tapioca, ¼ Arrowroot
- 2 tsp. baking Soda
- 1 tsp. baking powder
- 1 tsp. Xanthan Gum



Directions

1. Heat the oven to 325 F and grease a 9"x13" pan.
2. In a large bowl mix eggs, sugar, and oil. Stir well either by hand or with a mixer.
3. Add spices, vanilla extract, lemon zest, nuts, zucchini, and coconut.
4. In a separate bowl mix rice flour, tapioca, arrowroot, baking soda, baking powder and xanthan gum.
5. Add the flour mixture to the egg mix and stir well.
6. Pour the dough into the greased pan and bake 45-50 minutes.
7. Enjoy!