



Donated by Allen & Myra Charleston

This heart healthy recipe is a great way to use all that extra zucchini from the garden.

Squashed Emu Casserole

- 1/2 pound ground emu, lightly browned
- 2 1/2 pounds zucchini (yellow crook neck can be substituted, cooked and mashed)
- 1 large onion, chopped (hint, cook with squash)
- 1 cup finely chopped celery
- 1 can cream of mushroom soup
- 1 (8 oz.) carton of sour cream
- 1/2 cup grated carrot
- 3/4 cup dried bread crumbs
- 1 tablespoon Mrs. Dash (or your choice of seasonings)
- 1 stick margarine

Melt margarine and mix with half of the breadcrumbs. Press into deep casserole.

Mix rest of the ingredients and remaining breadcrumbs together. Pour into dish on top of the breadcrumb crust.

Cook at 350 for 30 to 35 minutes or until top is brown. Serves 6 to 8.