

# Three Dollar Cafe Squash Casserole

By [AJC staff](#) | Monday, November 20, 2006, 04:43 PM

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This recipe from the Three Dollar Cafe is one of the AJC Food & Drink staff's most requested recipes.

This dish was created in 1980 by chef Lobo Griffin when a friend of his raved about a squash casserole she had recently had. Going by how she described the dish, Griffin tried numerous combinations of ingredients until his friend said, "That's it." Griffin brought the casserole with him in 1983 when he started working for Three Dollar Cafe, and it has become one of the signature items on the menu.

Makes 8 servings

Preparation time: 20 minutes Cooking time: 35-40 minutes

## Ingredients:

4 medium yellow squash, cut in 1/4-inch slices  
2 medium zucchini, cut in 1/4-inch slices  
1½ cups water  
1½ cups chopped onion  
½ cup (1 stick) butter, melted  
2 large eggs, beaten  
2 tablespoons granulated sugar  
¾ teaspoon salt, or to taste  
1 tablespoon liquid chicken base  
White pepper to taste  
1½ cups panko (Japanese bread crumbs) or regular seasoned bread crumbs  
1½ cups grated cheddar cheese  
¾ cup (or 10 slices) American cheese

## Instructions:

Preheat oven to 300 degrees. Grease a 9-by-13-by-2-inch baking dish. Set aside. In a large pot over medium heat, add squash, zucchini and water. Cook 20 minutes or until tender. Drain. Meanwhile, saute onion in melted butter in medium skillet until tender. In a large mixing bowl, combine squash and sauteed onion. Beat eggs to blend and pour into vegetables. Add sugar, salt, bouillon, white pepper, crumbs and cheddar cheese. Mix well. Pour into prepared baking dish. Top with American cheese. Bake 15 to 20 minutes or until top is lightly browned.

Per serving: 297 calories (percent of calories from fat, 73), 11 grams protein, 10 grams carbohydrates, 2 grams fiber, 24 grams fat, 143 milligrams cholesterol, 795 milligrams sodium.