



Steamy Creamy Squash Packet



1/2 of recipe (about 1 cup): 80 calories, 3g total fat (1g sat. fat), 233mg sodium, 11g carbs, 3g fiber, 5g sugars, 2.5g protein

Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

2 zucchini (or yellow summer squash), stem ends removed
1/2 cup thinly sliced onion
2 tsp. light butter
1/2 tsp. chopped garlic
1 wedge The Laughing Cow Light Creamy Swiss cheese (or 1 tbsp. light/reduced-fat cream cheese)

Seasonings

1/8 tsp. dried oregano
Dash each salt and black pepper, or more to taste

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Thinly slice zucchini lengthwise into wide, flat strips. Cut strips in half widthwise and distribute onto the center of the foil. Top with onion, dollop with butter, and sprinkle with oregano, salt, pepper, and garlic. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 20 minutes, or until veggies are tender.

Cut packet to release steam before opening entirely. Transfer veggies to a medium bowl.

In a small microwave-safe bowl, microwave cheese wedge for 20 seconds, or until warm. Stir until smooth, add to veggies, and stir to coat.

MAKES 2 SERVINGS

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