

Stuffed Summer Squash

Summer squash stuffed with brown rice, fresh basil, beans, cheese, and veggies make a hearty and filling dish. Try this tasty recipe when summer squash are abundant in your garden or at the market.

Makes: 4 servings
Prep Time: 60 mins

Source: myplate.gov/recipes

Ingredients

- 2 summer squash
- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup squash pulp (from summer squash listed above)
- 1 cup white beans, drained and rinsed
- 1 tablespoon fresh basil
- 4 tablespoons Parmesan cheese

Directions

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	287
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	3 mg
Sodium:	194 mg
Total Carbohydrates:	55 g
Dietary Fiber:	9 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	12 g

Utensils Needed

- Measuring cups
- Knife
- Cutting board
- Fry Pan
- Baking dish

SHOPPING LIST

Average total cost: \$5.90

Average cost/serving: \$1.50

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
Summer Squash



Add 1 to Cart
Tomatoes



Add 1 to Cart
Brown Rice



Add 1 to Cart
White Beans



Add 1 to Cart
Fresh Basil



Add 1 to Cart
Parmesan

SAVE TIME, SAVE MONEY

My Cooking Notes

Other Stuffing Options:

- **Rice + Turkey Stuffing:** 1 cup squash pulp, 1 pound cooked ground turkey, 2 cups cooked brown rice, 1 can low-sodium condensed cream of mushroom soup, 2 Tablespoons shredded cheddar cheese.
- **Cornbread Stuffing:** 2 cups squash pulp, 2 cups cornbread stuffing from a mix, dry, 1 cup diced cook chicken or ham, 1/4 cup raisins, 1/4 cup almonds or other nuts.