# RECIPE

# 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**

Nutrients	Amount
Calories:	287
Total Fat:	<u>3 g</u>
Saturated Fat:	<u>1 g</u>
Cholesterol:	<u>3 mg</u>
Sodium:	<u>194 mg</u>
Total Carbohydrates:	<u>55 g</u>
Dietary Fiber:	<u>9 g</u>
Total Sugars:	<u>6 g</u>
Added Sugars:	<u>0 g</u>
Protein	12 g

#### **Utensils Needed**

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



### **SHOPPING LIST**

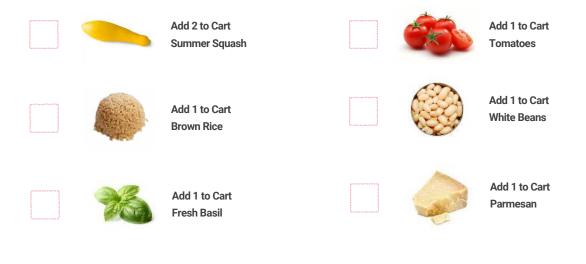
Average total cost: \$5.90

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



# SAVE TIME, SAVE MONEY



#### **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.

