



Stuffed Summer Squash

Yield: 4 Servings

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.

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

Cost: Per recipe: \$4.67; Per serving: \$1.17

Nutrition Facts: Calories, 290; Calories from fat, 25; Total fat, 3g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 5mg; Sodium, 160mg; Total Carbohydrate, 54g; Fiber, 7g; Protein, 12g; Vit. A, 6%; Vit. C, 35%; Calcium, 15%; Iron, 20%.

Source: <http://recipefinder.nal.usda.gov/>



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