

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

Instructions

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.

Cost

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

Source

Connecticut Food Policy Council, [Farm Fresh Summertime Recipes](#)

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.

Combread Stuffing: 2 cups squash pulp, 2 cups combread stuffing from a mix, dry, 1 cup diced cook chicken or ham, 1/4 cup raisins, 1/4 cup almonds or other nuts

Nutrition Facts

Serving Size 1/2 stuffed squash, 1/4 of recipe (360g)
Servings Per Container 4

Amount Per Serving

Calories 290 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 160mg **7%**

Total Carbohydrate 54g **18%**

Dietary Fiber 7g **28%**

Sugars 4g

Protein 12g

Vitamin A 6% • Vitamin C 35%

Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4