



# Stuffed Yellow Squash

Servings 4 | Prep time 20 mins. | Total time 50 mins.

## Equipment:

Frying pan with lid  
Baking sheet  
Can opener

## Utensils:

Large knife  
Spoon  
Measuring cups and spoons

## Ingredients

2 medium or large yellow squashes  
3 cups brown rice, cooked  
1 cup no salt added diced canned tomatoes, drained  
1 cup canned white beans (navy, Great Northern, cannellini, etc.), drained and rinsed  
2 tablespoons fresh basil, sliced  
1/4 cup grated Parmesan cheese

## Nutritional Information:

Calories 280  
Total Fat 3g  
Sodium 700mg  
Total Carbs 54g  
Protein 11g

## Instructions

1. Before you begin, wash your hands, surfaces, tops of cans, utensils, and produce.
2. Cook rice according to package directions.
3. Cut stem from end of squashes, then cut each squash in half, lengthwise. Remove any large seeds.
4. Place squash skin-side-down in a shallow bed of water in a frying pan. Cover the pan with lid and steam over medium heat until squash is slightly tender, but not mushy (about 4-5 minutes).
5. Scoop out the pulp from each squash half; this should make about 1 cup. Place pulp in a medium bowl, along with tomatoes, cooked brown rice, white beans, and basil. Mix to combine these ingredients to form the squash stuffing.
6. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
7. Top with grated Parmesan cheese. Bake at 350 degrees for about 30 minutes.

TIP: If making in the colder months, consider making with an acorn squash! Microwave the squash for 8-10 minutes in microwave to soften until tender throughout the squash. Remember, skin of the acorn squash is not edible.

TIP: To save time, try using instant brown rice in place of uncooked brown rice.

TIP: Depending on the size of your squash, you may have extra filling left over. Put any excess filling in the refrigerator up to 2 hours after cooking, and use it as a side dish for your next meal.