



Baked Stuffed Squash

INGREDIENTS:

2 medium firm tomatoes, peeled, seeded, diced
¾ t salt
1 ½ T olive oil
½ c diced onion
2 T diced green pepper
1/3 c diced eggplant
¼ t sugar
1 clove garlic, minced
¼ c fresh bread crumbs, toasted
2 T chopped fresh basil
1 t red wine vinegar
3 T minced fresh parsley
1/8 t freshly ground black pepper
3 medium yellow squash or zucchini, trimmed, sliced in half

PREPARATION:

- Preheat oven to 350°F.
- Scoop out the insides of the squash and reserve for another use.
- Sprinkle the shells with ¼ teaspoon of the salt and invert on paper towels.
- In medium sauté pan, heat half of the oil over medium heat. Add the onion, green pepper, eggplant, sugar and tomato.
- Cook until vegetables soften, about 5 minutes. Add the garlic and cook for 1 minute longer.
- Transfer to medium bowl.
- Wipe out the skillet and add the remaining oil; sauté the bread crumbs until golden, about 2 minutes.
- Add the bread crumbs to the vegetable mixture.
- Add the basil, vinegar, 2 T parsley, black pepper and remaining ½ t salt.
- Using a paper towel, blot any liquid in the squash shells and fill them with vegetable-crumbs mixture.
- Set the stuffed squash in a baking dish and bake for 25 to 30 minutes, until shells are hot and softened but still firm enough to hold their shape.
- Sprinkle with remaining 1 T parsley and serve.

Number of Servings: 6

Serving size: ½ stuffed squash

Calories per serving: 80

Fat grams per serving: 4

