

## Stuffed Squash



### Ingredients:

- 2 yellow squash, reserve pulp
- 3 cups brown rice, cooked
- 1 cup diced tomatoes
- 1 cup white beans, drained and rinsed
- 1 teaspoon dried basil
- 4 tablespoons Parmesan cheese

### Directions:

1. Wash and cut squash in half lengthwise. Remove large seeds.
2. In a large skillet, add a small amount of water and place squash skin side down. Cook until slightly tender.
3. Scoop out pulp and place in a bowl with brown rice, tomatoes, white beans, and dried basil.
4. Place the squash in a baking dish. Stuff the squash with the rice mixture.
5. Top with Parmesan cheese.
6. Bake at 350F for 20-25 minutes or until tender.

Makes 4 servings.



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