

STUFFED EIGHT BALL SQUASH

Ingredients:

- 1 cup instant brown rice
- 4 eight ball squash, cut in half lengthwise
- 1 lb 93/7 lean ground turkey
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 1 medium bell pepper, diced (any color)
- 1 tsp Italian seasoning
- 1 (15 oz) can no-salt-added tomato sauce
- 1/2 cup finely grated parmesan cheese, divided
- Non-stick cooking spray

40 Min | Serves 4

Preparation:

1. Preheat oven to 375° F. Prepare rice according to package directions. Fluff with fork & set aside.
2. Scoop out & discard squash seeds. Set aside.
3. Heat a large skillet over medium. Add turkey, onion & garlic. Cook 5-7 minutes, crumbling meat, stirring occasionally. Add bell pepper & Italian seasoning. Stir & cook 3-4 minutes until meat is fully browned.
4. Remove from heat. Stir in rice, tomato sauce & half of cheese.
5. Lightly coat a large casserole dish with cooking spray. Fill squash with turkey mix & place in dish filling-side up. Top with remaining cheese & bake uncovered 20-25 minutes or until squash are crisp-tender & filling is hot.

Nutrition Facts	
4 servings per recipe	
Serving size	(511g)
Amount per serving	390
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 280mg	12%
Total Carbohydrate 38g	14%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 1mcg	6%
Calcium 165mg	15%
Iron 3mg	15%
Potassium 1232mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.



EIGHT BALL SQUASH

In Season

April - September

How to Select

Choose squash that are brightly colored, firm, smooth & free of scrapes or cuts.

How to Store

Store unwashed, uncut squash in a loosely closed plastic bag in the refrigerator up to 1 week. Freeze cut squash in an airtight container up to 3 months.

Helpful Tip

Try eight ball squash in any recipe that calls for zucchini or yellow squash to change it up.

