



Stuffed Squash

Serves: 4

Ingredients Needed:

- 1 medium squash, any type, halved lengthwise and seeds removed
- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 1/2 cup celery, diced
- 3 tablespoons oil
- 1 cup whole wheat or plain bread crumbs
- 1/2 cup cheese, shredded

Directions:

1. To easily cut winter squash, follow these steps:
 - Poke multiple holes/slits in the squash with a fork or tip of a knife (this helps the air release as your squash heats up)
 - Microwave on high for ~3 minutes
 - After the squash has cooled down enough to touch, cut the squash in half lengthwise avoiding the stem
 - Clean out the squash by removing the seeds
2. Cook onions, garlic, sage, thyme, and celery in oil. Cook over low heat until onions are soft.
3. Add bread crumbs. Continue to cook over low heat for 5 -10 minutes.
4. Remove from heat and mix in the cheese.
5. Pack stuffing into the cleaned out squash. Bake, covered, at 350°F for 40 - 50 minutes.