

Beef and Vegetable Stuffed Squash

5 large yellow squash

1/2 pound lean ground beef

1 medium onion, chopped

1 medium green pepper, chopped

16 ounces canned whole tomatoes, drained and chopped

1/2 cup or 2 ounces shredded cheddar cheese

Salt and pepper, as desired

- Wash squash thoroughly and place in a steamer basket. Place steamer basket in a saucepan filled with 1 inch of water. Bring water to a boil. Cover pan and steam 5 minutes or until tender but firm.
- Drain and cool slightly. Trim off stems. Cut squash in half lengthwise; scrap out pulp, leaving a firm shell. Coarsely chop the pulp and set aside. Cook ground beef, onion, and green pepper in a large skillet until beef is browned, stirring to crumble. Drain. Stir in squash pulp and tomatoes. Add salt and pepper, if desired.
- Place squash shells in a 13x9x2-inch baking dish. Spoon ground beef mixture into shells. Bake at 350 degrees for 25-30 minutes, or until squash is tender but firm. Sprinkle with cheese and bake 5 more minutes, or until cheese melts. Makes 10 servings.

Selection and Storage

Summer Squash

(yellow, zucchini)

Look for small to medium-size squash that are heavy for their size. Avoid squash with soft spots.

Refrigerate and use within 3–5 days.