



ITALIAN STUFFED SUMMER SQUASH

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lean Ground Beef (93-96% Lean)	10 Oz.	Grated Parmesan Cheese	1 Tbsp.
Large Summer Squash	2	Reduced-fat Shredded Mozzarella	¼ Cup
Mushrooms, finely chopped	½ Cup	Olive Oil	1 Tsp.
Fresh Spinach, chopped	½ Cup	Fresh Lemon Juice	1 Tsp.
Diced Tomato	¼ Cup	Salt and Black Pepper, to taste	
Cloves Garlic, minced	2		
Italian Seasoning	1 Tsp.		
SERVING SIZE	2		

PREPARATION

- Preheat oven to 400°F.
- Slice summer squash in half lengthwise.
- Use a spoon to carefully scoop out the center of each zucchini half, leaving about ¼ inch of summer squash around the edges.
- Chop the scooped summer squash and set aside.
- Heat olive oil in a skillet over medium heat.
- Add ground beef and cook until browned.
- Add mushrooms, chopped squash, garlic, spinach, tomato, Italian seasoning, salt, and pepper.
- Cook for 4-5 minutes, until the vegetables are tender and most of the moisture has cooked off.
- Remove from heat and stir in Parmesan and lemon juice.
- Arrange squash halves in a baking dish.
- Divide the beef mixture evenly among the squash halves.
- Sprinkle mozzarella over the top.
- Add 2-3 tbsp water to the bottom of the baking dish.
- Cover loosely with foil and bake for 20 minutes.
- Remove foil and bake for another 5-8 minutes, until the squash is tender and the cheese is melted.
- Allow to cool for several minutes before serving.