



Patty Pan Squash

Patty pan squash is a summer squash. It is low in calories and a good source of vitamin A, magnesium, copper and iron. Patty pan squash tastes best raw but is also tasty baked and stuffed.

Stuffed Patty Pan Squash

4 medium-sized patty pan squash	1 small onion, chopped
2 garlic cloves, minced	½ bell pepper, chopped
⅛ teaspoon cayenne	1 teaspoon thyme
½ teaspoon basil	½ teaspoon oregano
1 15-oz. can great northern beans or cannellini beans, rinsed and drained	½ teaspoon fennel seed
	¼ teaspoon rubbed sage
	salt and pepper to taste

1. Preheat the oven to 375 degrees.
2. Place squash flat side down in a large pot. Add 1 inch of water, cover and bring to a boil. Cook until a fork easily pierces the top of the squash, about 8 minutes. Remove from the pot; set aside to cool.
3. Slice the top off the squash and scoop out the inside flesh; leaving at least ¼ inch of flesh on all sides. Chop the scooped-out flesh.
3. Sauté the onions and bell pepper in a large skillet until soft; add garlic, diced squash, and remaining seasonings. Cook for another 2 minutes. Add the white beans; cook on low heat for 5 minutes.
4. Place the squash in 8x8-inch baking pan. Overstuff each shell with stuffing. Add remaining stuffing to center of baking pan.
5. Bake for about 20 minutes or until the tops begin to brown.

Other ways to enjoy patty pan squash

- Grate raw and add to salads
- Steam with other vegetables
- Sauté with garlic, lemon and olive oil

Adapted from www.blog.fatfreevegan.com; accessed 9/9/2006.



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