

# SQUASH STUFFED WITH BROWN RICE AND ROASTED PEPPERS

July 15, 2009

*Serves 4; 2 squash halves and 1 cup rice mixture per serving*

Vegetable oil spray

¾ cup uncooked brown rice

4 medium yellow summer squash or zucchini, halved lengthwise

1 ½ large onions, chopped

1 tablespoon dried basil, crumbled

1 medium garlic clove, minced

¼ teaspoon crushed red pepper flakes

8 ounces roasted red bell peppers, rinsed and drained if bottled, chopped (about 1 cup)

½ cup snipped fresh parsley

¼ teaspoon salt

1 cup shredded reduced-fat sharp Cheddar cheese

1. Preheat the oven to 350°F. Lightly spray a 13x9x2-inch baking pan with vegetable oil spray.
2. Prepare the rice using the package directions, omitting the salt and margarine.
3. Meanwhile, using a measuring teaspoon or melon ball scoop, scrape and reserve the seeds and most of the flesh from the squash, leaving the shells intact. Place the squash shells with the cut side up in the baking pan. Set aside. Coarsely chop the squash flesh and seeds.
4. Heat a 12-inch nonstick skillet over medium-high heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the onions for 4 minutes, or until tender, stirring frequently.
5. Stir the chopped squash, basil, garlic, and red pepper flakes into the skillet. Cook for 5 minutes, or until the squash is tender, stirring frequently. Remove from the heat. Stir in the rice, red bell peppers, parsley, and salt.
6. Spoon about ½ cup rice mixture into each of the squash halves, pressing down firmly with a spoon or your fingertips. Cover the pan with aluminum foil.
7. Bake for 30 minutes, or until the squash shells are tender. Sprinkle with the cheese. Bake for 5 minutes, or until the cheese has melted. Let stand for 5 minutes.

## **Nutrition Facts per serving**

**Exchanges:** 2 Starch, 3 Vegetable, 1 Fat

**Calories** 274, Calories from Fat 70, **Total Fat** 8 g, Saturated Fat 3.7 g, Polyunsaturated Fat 0.8 g, Monounsaturated Fat 2.2 g, **Cholesterol** 20 mg, **Sodium** 477 mg, **Total Carbohydrate** 46 g, Dietary Fiber 8 g, Sugars 13 g, **Protein** 14 g

## **CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM**



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