

# Vegetarian Stuffed Patty Pan Squash

## INGREDIENTS *Makes 6 servings*

- 6 patty pan squash, halved and cored
- 4 Tbsp olive or vegetable oil
- 1 cup onion, diced
- 2 carrots, finely diced
- 2 stalks celery, finely diced
- 1 red pepper, finely diced
- 4 sprigs rosemary
- 2 Tbsp garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper
- 3 cups cooked wild rice
- 6 Tbsp parsley, chopped as garnish
- *optional* Feta/parmesan cheese, pine nuts, pepitas



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## DIRECTIONS

1. Preheat oven to 375°F. Lightly oil a baking pan.
2. Slice off some of the stem and bloom end of the squash to create a level surface and cut in half. The only purpose of this slice is to create a level surface to work with so don't take off too much.
3. Scoop out seeds and pulp, leaving about a 3/4 inch wall.
4. Lightly oil the inside and sides of squash. Bake in oven, cut side down, for approx.15 minutes. Remove from oven, flip over, and get ready to fill it up.
5. Prepare rice per package directions.
6. Bring a large pan to medium high heat add add 2 tablespoon of olive oil. When hot add: onion, carrot, celery, pepper, rosemary, salt, and pepper. Cook about 7-9 minutes or until translucent and soft.
7. Add garlic and cook 1-2 minutes or until fragrant.
8. Remove from heat and stir in cooked wild rice. Add Parmesan or Feta cheese (*optional*), pine nuts or pepitas (*optional*). Salt and pepper to taste.
9. Generously fill up the squash with the mixture.
10. Bake uncovered for about another 15 minutes or until squash is tender.
11. Garnish with parsley if desired. Serve immediately and enjoy!