



Pizza Boats



Ingredients

- 2 summer squash
- 1/2 cup cherry tomatoes
- 1/4 tsp pepper
- 1 Tbsp. olive oil
- 1 cup kale, chopped
- 1 cup cooked quinoa
- 2 cloves garlic, minced
- 1/2 Tbsp. thyme
- 1/2 cup cooked chickpeas
- 1/2 medium onion, chopped
- 1/2 tsp salt
- 1/4 cup cheese



Directions



Yield: 2 **Serving size:** 2 Pizza Boats

Total cost: \$3.55 **Serving cost:** \$1.80

1. Preheat oven to 400 F.
2. Cut squash in half lengthwise. Scoop the seeds out with a spoon and discard. Drizzle insides of the squash with olive oil and sprinkle with salt and pepper. Place squash halves face down on a lined baking sheet. Bake 15 minutes until soft.
3. Warm oil on a large skillet over medium heat. Add garlic and onion. Sauté for 3 minutes until translucent. Reduce heat to low and add tomatoes, kale, thyme, salt, and pepper. Sauté for an additional 5 minutes.
4. Turn off heat and mix in quinoa and chickpeas.
5. Set oven to broil. Flip squash face side up. Scoop mixture into each squash half. Top with cheese. Save any of the mixture that does not fit into squash to serve on side.
6. Broil squash boats for 5 minutes.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Fruits
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Grains
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Vegetables
ChooseMyPlate.gov

Protein
ChooseMyPlate.gov

Cooking Tips



- Add in any veggies you may have
- Substitute chickpeas for any beans or lentils you have

Nutrition Facts

2 servings per container
Serving size 1 Pizza Boat
Amount Per Serving
Calories **330**

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2.6g	13%
Trans Fat 0.1g	
Cholesterol 5mg	2%
Sodium 760mg	33%
Total Carbohydrate 45g	16%
Dietary Fiber 10g	36%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 211mg	15%
Iron 3mg	15%
Potassium 819mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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