



# Stuffed Summer Squash Boats



## Ingredients

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



## Directions



**Yield:** 2 **Serving size:** 2 stuffed squash

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

- Preheat oven to 400 F.
- 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.
- 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.
- Turn off heat and mix in quinoa, chickpeas, and dried cranberries.
- Set oven to broil. Flip squash face side up. Scoop mixture into each squash half. Save any of the mixture that does not fit into squash to serve on side.
- Broil squash boats for 5 minutes.

Visit [secondharvestkitchen.org](http://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  
ChooseMyPlate.gov

Vegetables  
ChooseMyPlate.gov

Protein  
ChooseMyPlate.gov

## Cooking Tips



- Add in any veggies, apples, or pears you may have
- Substitute chickpeas for any beans or lentils you have
- Try adding cheese on the top before broiling

<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>1 squash boat</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>350</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.4g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 680mg	<b>30%</b>
<b>Total Carbohydrate</b> 60g	<b>22%</b>
Dietary Fiber 15g	<b>54%</b>
Total Sugars 17g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3.06mg	15%
Potassium 799mg	15%
<small>*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.</small>	



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