

Stuffed Kabocha Squash

Makes 6-8 servings | **Vegetables** • **Grains** • **Protein**

Ingredients

- 1 kabocha squash (or other winter squash such as acorn squash, pie pumpkin, etc.)
- 1 Tablespoon oil
- 1 cup cooked brown rice
- ½ white onion, diced
- 1 14-ounce can diced tomatoes
- 1 14-ounce can black beans or 1 pound cooked ground meat
- ½ cup tomato sauce
- 1 4-ounce can jalapeños (optional)
- 1 ½ teaspoons taco seasoning
- ½ cup shredded cheddar cheese
- Salt and pepper to taste

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Wash kabocha squash (or other squash) under running water. Use a scrub brush, if possible. Dry off the squash with a paper towel.
3. Preheat oven to 350°F.
4. Cut off the top of the squash and remove the seeds.
5. Brush oil around the inside. Bake for 20-30 minutes, or until the squash begins to become soft.
6. In a large bowl, combine rice, onion, tomatoes, beans or meat, tomato sauce, seasoning, and cheese.
7. Remove the squash from the oven.
8. Stuff the rice mixture into the squash. Put the lid onto the squash.
9. Bake for another 30-45 minutes, or until the filling is hot and the squash is completely tender.
10. Slice into pieces and serve hot.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwyo.edu

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