

# Stuffed Squash

Squash grows so well in this area and can be added to so many dishes. When you're tired of eating squash from your garden, try this. This is one of Nana's many ways to use it so that we don't ever get tired of seeing it served.

## Ingredients

4 yellow squash

### Pesto

¼ cup chopped basil

¼ cup olive oil

½ teaspoon salt

1 teaspoon crushed garlic

½ cup grated Parmesan cheese

### Stuffing

1 cup onion, diced

½ cup bell pepper, diced

1 tablespoon butter

1 tablespoon olive oil

1 pound browned breakfast sausage

1 cup cooked rice

7 ounces Cheez Whiz

1 cup cheese

(Monterrey Jack or cheddar)



## Instructions

- ❖ Preheat oven to 400 degrees Fahrenheit.
- ❖ Wash then cut each squash in half lengthwise then remove seeds with a spoon.
- ❖ In a bowl, mix together basil, olive oil, salt, garlic, and Parmesan to make pesto. Brush over both the inside and outside of each squash.
- ❖ Place squash on cooking sheet and put in the preheated oven for 15 minutes.
- ❖ In a skillet, sauté onion and bell pepper with butter and olive oil. Add browned sausage, cooked rice, Cheez Whiz, and mix well.
- ❖ Season with salt and pepper.
- ❖ Next spoon the stuffing into each half of squash until it is rounded. Top with grated cheese and return to oven until cheese is melted.

"O taste and see that the LORD is good: blessed is the man that trusteth in him."  
Psalm 34:8