Stuffed Summer Squash

4 servings	15 min prep time	20 mins cook time

ingredients

1 lb Swaggerty's Farm Mild Roll Sausage

4 Summer squash – yellow crookneck, zucchini

2 slices of dry whole grain sandwich bread

1 tbsp dried thyme

1 tsp black pepper & ½ tsp salt

½ cup chopped red onion

2 garlic cloves finely chopped (or 1 tsp garlic powder)

4 ounces white cheddar cheese (or any of your favorite cheeses)

½ cup chicken broth (or water)

¼ cup chopped pecans

Optional: extra cheese to sprinkle over stuffed squash before you bake

directions

1. Rinse squash. Cut in half lengthwise to make 8 halves.
2. Carefully using a knife and spoon cut and scrape out seeds and some of the squash in the middle of each half creating a shell. (Don't toss out the squash you just scooped out...put in a freezer bag, pop in the freezer and use later for a squash soup)
3. Arrange scooped out squash halves in a 9 x 13 inch baking pan.
4. Add bread slices to a processor and pulse to make breadcrumbs. (If you do not have a food processor just tear up into fine pieces with your fingers or use packaged breadcrumbs)
5. Put breadcrumbs, dried thyme, salt & pepper in a mixing bowl. Set aside.
6. In a skillet brown sausage over medium heat until there is no pink and sausage is slightly browned. As sausage cooks, break up with a wooden spoon into crumbles.
7. Add garlic & onion to skillet. Cook for a few minutes more. Scrape mixture into mixing bowl with the breadcrumbs. Toss together well.
8. Add shredded cheese to bowl and stir to blend.
9. Pour in stock (or water) and combine all ingredients.
10. Stuff all squash halves with sausage mixture.
11. Sprinkle tops of squash with chopped pecans and additional shredded cheese if desired.
12. Bake in a 375 degree oven for 20 minutes or until hot. Or cover and refrigerate until ready to bake for later if making ahead of time.

To Serve

n/a

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