

Rice Stuffed Sunburst/PattyPan Summer Squash

4 yellow Pattypan Squash

1 Tbsp. Olive Oil

½ Onion, chopped fine

2 Garlic Cloves, minced

1 cup Long Grain Brown Rice

2 cups Vegetable Broth (or substitute your favourite broth)

Salt

Pepper

½ cup fresh Parmesan Cheese, grated

1 cup fresh Spinach, chopped

¼ cup fresh Basil, chopped

1 teaspoon Olive Oil



Use a sauté pan (with a lid) that will fit your 4 whole squash evenly. Add about 3 inches of water, lightly salt it and bring to a boil. Make sure your squash sit nice and flat; cut off a bit on the bottom if need be, just not too much or you'll go through.

Place your squash in the boiling water, cover and allow it to cook for about 10 minutes, until just fork tender. While the squash cooks, chop up your other ingredients.

Once the squash is done, remove them gently and set them aside. Drain the water and clean out your pan.

Returning the pan to the stove, heat the 1 Tbsp. of olive oil over medium heat. Add in the onion and cook for about 5-7 minutes, until translucent. Add in the garlic and cook for just a few minutes, watching it doesn't burn.

Add in the raw rice and stir to coat. Add in the broth and bring to a boil. Depending on your broth, you may want to season with salt and pepper. Once at a boil, reduce the heat and cover. Cook for 45 minutes – at which time the rice should be cooked and liquid fully absorbed. (Depending on your rice, you may need slightly longer).

While the rice cooks, cut the tops off of the squash (just below the green part). You want enough of an opening to work with, without wasting too much of the squash. Next, scoop out some of the inside being careful not to break through the sides or bottom. I like to score a circle using a paring knife and then scoop out with a regular teaspoon. It's basically the seedy part you want to remove; you don't have to take much from around the sides. You can chop up parts of what you scoop out and add it into the rice mixture. Set your squash aside again.

Preheat your oven to 375°F. have a baking dish ready (lightly greased).

When the rice is done, take it off the heat and add in the ½ cup of parmesan, the fresh basil and spinach. Mix.

Time to assemble! Using the 1 tsp. of olive oil, lightly brush the outsides of the squash. Next, stuff the rice mixture into the hollow – you can pack quite a bit in there, and have a bit overflowing on top. Place into the baking dish and finish by sprinkling 1 Tbsp. of parmesan over top. Bake for 20 minutes.

Recipe & Photo Courtesy of www.food.com.