



Stuffed Summer Squash

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chicken broth low-sodium canned
- ☐ 0.3 cup breadcrumbs dry italian-style
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 pound pd of ground turkey lean
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 2 tablespoons parmesan grated
- ☐ 4 servings salt and pepper
- ☐ 1 cup canned tomatoes fresh canned chopped

- ☐ 8 oz to 3 sized squashes yellow
- ☐ 8 oz zucchini

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Fill a bowl with ice water. Bring a pot of salted water to a boil.
- ☐ Cut squash and zucchini in half lengthwise; place in boiling water. Bring back to a boil; cook until slightly softened, 5 minutes.
- ☐ Transfer squash to ice water. Cool for 2 minutes.
- ☐ Remove; pat dry.
- ☐ Scrape out seeds and stringy pulp from each squash half, leaving a large cavity for stuffing. Arrange snugly in a large, lightly oiled ovenproof baking dish.
- ☐ Warm 1 Tbsp. oil in a large skillet over medium-high heat.
- ☐ Add onions and cook, stirring often, until softened, about 3 minutes.
- ☐ Add turkey and cook, stirring to break up until crumbly, 2 to 3 minutes. Stir in tomatoes, broth and thyme. Increase heat to high and cook, stirring often, until turkey is thoroughly cooked and some of liquid has evaporated, 5 to 7 minutes. Season with salt and pepper.
- ☐ Preheat oven to 425F.
- ☐ Place equal amounts of filling in each squash half, piling it high in center.
- ☐ Mix bread crumbs with Parmesan, then sprinkle mixture over squash and drizzle with 2 Tbsp. olive oil.
- ☐ Bake until golden brown on top, about 20 minutes.

Nutrition Facts



 PROTEIN **38.92%**  FAT **39.53%**  CARBS **21.55%**

Properties

Glycemic Index:46, Glycemic Load:2.46, Inflammation Score:-9, Nutrition Score:22.103478234747%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 319.98kcal (16%), Fat: 14.51g (22.32%), Saturated Fat: 2.69g (16.78%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 14.45g (5.25%), Sugar: 7.11g (7.9%), Cholesterol: 64.07mg (21.36%), Sodium: 453.33mg (19.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.27%), Vitamin B3: 13.34mg (66.69%), Vitamin B6: 1.33mg (66.56%), Selenium: 28.62µg (40.88%), Phosphorus: 369.95mg (36.99%), Vitamin C: 28.99mg (35.14%), Potassium: 900.02mg (25.71%), Manganese: 0.45mg (22.67%), Vitamin B2: 0.35mg (20.58%), Zinc: 2.8mg (18.66%), Magnesium: 74.45mg (18.61%), Vitamin B1: 0.27mg (17.97%), Vitamin E: 2.5mg (16.68%), Iron: 2.88mg (15.99%), Folate: 62.47µg (15.62%), Vitamin B5: 1.47mg (14.69%), Copper: 0.29mg (14.53%), Vitamin K: 14.41µg (13.73%), Fiber: 3.35g (13.41%), Vitamin B12: 0.67µg (11.16%), Calcium: 99.4mg (9.94%), Vitamin A: 452.81IU (9.06%), Vitamin D: 0.47µg (3.11%)