

STUFFED PATTY PAN SQUASH

Ingredients

2 large Patty Pan Squash

3 rashers Bacon

1 small Onion

1 Jalapeno Pepper

4 ounces Cocktail Tomato, about 10

½ Cup Brown Rice

1- 2 Tablespoons Parmesan Cheese

Directions

Preheat oven to 375F

Cook Brown Rice according to packet directions.

Meanwhile, Chop Onion and Bacon and begin to cook in a sauté pan.

De-seed Jalapeno and dice finely then add to pan.

Use a Paring knife to cut a ‘spinning top’ shape out of the Squash around the stem, then use a melon-baller to hollow out the inside, adding the pieces to the sauté pan. (I discard seed-laden balls)

When the Bacon is rendered and slightly crisp, and the Rice is cooked, combine in a mixing bowl and season with Salt & Pepper to taste.

Lightly Salt the inside of Squash before using a spoon to stuff the Rice mixture inside.

Place on a baking sheet, top with grated Parmesan Cheese and roast for 40 minutes.