



Stuffed Pattypan

Ingredients


- 2 PATTY PAN, HALVED & CORED
- 4 TBSP OLIVE OIL
- 1 CUP ONION, DICED
- 2 CARROTS, FINELY DICED
- 2 CELERY STALKS, FINELY DICED
- 1 RED PEPPER, FINELY DICED
- 4 SPRIGS ROSEMARY
- 2 TBSP GARLIC, MINCED
- 1 TSP SALT
- 1/2 TSP PEPPER
- 3 CUPS COOKED WILD RICE

Prep Time

- PREP | 20 MINUTES
- COOK | 30 MINUTES
- READY IN | 50 MINUTES
- YIELD | 4 SERVINGS

Directions



- 1 LIGHTLY OIL A BAKING PAN AND PREHEAT THE OVEN TO 375 F°.
 - 2 SLICE OFF A BIT OF THE STEM END OF THE SQUASH (THIS IS ONLY TO CREATE A LEVEL SURFACE TO WORK WITH SO DON'T TAKE OFF TOO MUCH). NEXT CUT IN HALF LENGTHWISE. SCOOP OUT SEEDS & PULP, LEAVING 3/4" WALL.
 - 3 LIGHTLY OIL THE INSIDE/SIDES OF SQUASH AND BAKE CUT SIDE DOWN FOR 25 MINUTES. WHEN DONE, REMOVE FROM OVEN AND FLIP OVER.
 - 4 HEAT A LARGE PAN TO MEDIUM-HIGH AND ADD 1.5 TBSP OF OIL. WHEN HOT, ADD ONION, CARROT, CELERY, PEPPER, ROSEMARY, SALT & PEPPER. COOK 7-9 MINUTES OR UNTIL TRANSLUCENT & SOFT. ADD GARLIC AND COOK 1-2 MINUTES OR UNTIL FRAGRANT. REMOVE FROM HEAT AND STIR IN COOKED WILD RICE.
 - 5 GENEROUSLY FILL UP PATTY PAN WITH MIXTURE. BAKE UNCOVERED FOR 5 MINUTES OR UNTIL SQUASH IS TENDER. ENJOY!
-  LOOKING TO SPICE THINGS UP? ADD A PROTEIN OF YOUR CHOICE AND/OR FETA CHEESE!