



# STUFFED SQUASH

## EQUIPMENT:

OVEN  
SAUTE PAN  
LARGE STOCK POT  
KNIFE & CUTTING BOARD

## INGREDIENTS:

1 FL.OZ. OIL  
4 OZ. BARLEY  
8 OZ. HHF HUMMUS  
SALT AND PEPPER

4 LARGE ZUCCHINI SQUASH  
2 OZ. DICED ONIONS  
2 OZ. SWEET PEPPERS  
2 OZ. SOUR CREAM  
CHEESE IS OPTIONAL

## METHOD:

### FIRST

BOIL SALTED WATER AND ADD THE BARLEY. COOK FOR 15-20 MINUTES UNTIL TENDER. DRAIN AND COOL COMPLETELY BEFORE USING IN THE STUFFING.

### SECOND

SLICE THE ZUCCHINI LENGTHWISE IN HALF. RUB OIL ON THEM AND SEASON WITH SALT AND PEPPER. PLACE IN A 350 DEGREE OVEN FOR 20-30 MINUTES UNTIL THEY JUST START TO BECOME TENDER. LET THEM REST UNTIL THEY COME TO ROOM TEMPERATURE.

### THIRD

SAUTE THE ONIONS AND PEPPERS UNTIL TRANSLUCENT. ADD THE SOUR CREAM, HUMMUS AND BARLEY TO THE PAN. MIX UNTIL FULLY INCORPORATED AND ADJUST SEASONING.

### FOURTH

USING A SPOON, HOLLOW THE SQUASH UNTIL THERE IS A CHANNEL DEEP ENOUGH TO PLACE THE STUFFING IN. STUFF THE SQUASH AND ADD THE CHEESE IF USING CHEESE. RETURN TO THE OVEN UNTIL THE SQUASH IS HEATED THROUGH OR UNTIL THE CHEESE MELTS. SERVE HOT AND ENJOY!