
Beef-stuffed squash

MAIN DISHES

Preparation time: 15 minutes

Cooking time: 50 minutes

Yield: 4

Ingredients	Amount		Method
	Metric	Imperial	
Small squash	4	4	Preheat the oven to 350°F (180°C). Cut squash in half and remove strings and seeds. Place all the ingredients except the squash in a bowl and stir to combine. Fill the squash with the mixture. Wrap each squash half in aluminum foil. Bake for 50 minutes or until the squash flesh is soft.
Lean ground beef	450 g	1 lb	
Shelled pumpkin seeds (or oil pumpkin seeds)	60 ml	1/4 cup	
Egg	1	1	
Vegetable broth	60 ml	1/4 cup	
Coloured sweet pepper, diced	1	1	
Grated Romano cheese	125 ml	1/2 cup	
Basil	5 ml	1 tsp.	
Oregano	5 ml	1 tsp.	
Salt and pepper	To taste		