



Baked & Stuffed Kabocha Squash

Great dish for a cool day - truly comfort food.

I saw this one on the today show and it looked great. After trying there are a few modifications that I will add the next time and I have put into the recipe below. My modifications are in italics

Quantity	Ingredients	Preparation Notes
1 Med	Kabocha Squash - about 2 lbs*	👉 Preheat oven to 350 degrees
4	egg whites	👉 Place whole squash (uncut) in microwave and heat on high for five minutes. This will make it easy to work with
1/4 Cup	milk - low fat is fine	👉 Cut off the top like you would a pumpkin for Halloween.
2 cloves	Garlic minced (<i>3 suggested</i>)	👉 Scoop out seeds from inside and discard
1 tsp	Dried thyme or 1 tablespoon fresh	👉 Scrape squash meat from the lid of the squash so that you have about 1 - 1.5 cups, scrape more from inside if needed. Discard squash top or reserve for garnish.
2 Cups	Whole wheat bread cut into small squares and dried or toasted (about 3 slices) - <i>may also use commercial stuffing</i>	👉 In a bowl, mix all ingredients and squash meat.
1 Cup	loosely packed grated parmesan cheese	👉 Mix well and spoon into squash, packing lightly until the squash is completely filled.
1 Cup	Broccoli (bite sized florets) (<i>add another 1/2 cup+</i>)	👉 Place on a cookie sheet and bake about 50 minutes until filling is golden brown and set.
1 teas	coarse salt	👉 If preferred you can substitute a pumpkin, butternut or any other sweet squash that can be filled.
1/2 teas	cracked pepper	
1/2 teas	<i>ground nutmeg</i>	