

# Stuffed Summer Squash

VEGAN + GLUTEN-FREE



Tested and Approved by 86lemons.com

<http://86lemons.com/stuffed-summer-squash>

**YIELDS:** 4 servings (2 halves each) as a main entrée or 8 side dish servings (1 half each)

## STEP 1:

Preheat oven to 400°. Fill a 9 x 13 baking dish/pan (I used a cake pan) with ½ cup water and set aside.

## STEP 2:

Cut the summer squash lengthwise. Using a spoon, scrape out and discard the center area, including the seeds and membrane—leave the squash flesh intact. Set aside.

## STEP 3:

Heat olive oil in a large skillet over medium heat. Add garlic; sauté about 1 minute. Add peppers; sauté about 5 minutes. Add tomatoes, green onions, mushrooms; sauté about 5 minutes, until mushrooms are browned and softened. Add thyme, salt and pepper; stir to combine.

## STEP 4:

Fill the squash halves with equal portions of the vegetable mixture. Sprinkle bread crumbs on top, then drizzle melted margarine over the bread crumbs. Sprinkle lightly with salt, if desired. Place stuffed squash in prepared pan and bake for about 10–15 minutes, or until squash is tender.

## STEP 5:

While squash is baking, prepare Spicy Avocado Cream. In a food processor, add all ingredients and process (scraping sides as needed) until smooth and creamy. Taste and adjust seasonings as needed. *This will make more than you need for this recipe, but it's great on other things like burgers and sandwiches too, so save the leftovers!*

## STEP 6:

Remove stuffed squash from oven when done. Use tongs to gently lift squash from pan. Top each squash half with a large dollop of Spicy Avocado Cream and serve!

## STUFFED SQUASH INGREDIENTS:

- 4 yellow summer squash (about 10 oz each)
- 2 Tbsp olive oil
- 1 clove garlic, peeled and minced
- 1 green bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 1 large tomato, chopped
- 1 bunch (about 8) green onions, diced
- 2 cups sliced baby bella mushrooms
- 8 sprigs fresh thyme, leaves removed
- ½ tsp salt
- ½ tsp fresh ground black pepper
- 1–2 Tbsp gluten-free bread crumbs
- ¼ cup vegan, gluten-free butter/margarine (like Earth Balance), melted

## SPICY AVOCADO CREAM INGREDIENTS:

- 2 avocados, skin and pit removed
- 1 garlic clove, peeled
- 1 cup fresh basil leaves
- 2–3 Tbsp finely chopped chives
- 3 Tbsp olive oil
- ¼ cup cool water
- 2 Tbsp fresh lemon juice
- ½ tsp salt
- ½ tsp cayenne pepper\*

*\*If you don't like spicy food, reduce the amount of cayenne or omit it.*