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Blue Cheese-Stuffed Summer Squash

Prep Time: 25 mins

Cook Time: 20 mins

Total Time: 45 mins

Ingredients

- ❖ 4 medium squash, summer (yellow), or zucchini
- ❖ 4 ounce(s) cream cheese, reduced-fat, softened
- ❖ 1/2 cup(s) carrot(s), shredded, shredded
- ❖ 1/3 cup(s) cheese, blue (crumbled)
- ❖ 1/3 cup(s) scallion(s) (green onions), thinly sliced
- ❖ 1/3 cup(s) bread crumbs, fine, dry
- ❖ 1/4 cup(s) sour cream, light or fat-free
- ❖ 1/8 teaspoon pepper, black ground
- ❖ 2 tablespoon nuts, walnuts, chopped

Preparation

1. Preheat oven to 400°F. Grease a 3-quart rectangular baking dish; set aside.
2. Halve the squash lengthwise. Remove seeds with a spoon, leaving a shell about 1/4 inch thick. Place squash halves, cut sides down, in prepared baking dish. Bake, uncovered, for 10 minutes. Turn squash halves cut sides up.
3. Meanwhile, in a medium bowl, stir together cream cheese, shredded carrot, blue cheese, green onions, 1/4 cup of the bread crumbs, the sour cream, and pepper. (Mixture will be stiff.) Spoon mixture evenly into squash halves. Sprinkle with walnuts and the remaining bread crumbs. Bake, uncovered, about 10 minutes or until squash is tender and filling is heated through.

