

Beef & Bulgur-Stuffed Squash

with Caesar Salad

Gray squash plants have been a part of the American landscape for over 10,000 years. Over the centuries, their skin has become tender and supple, their flavor exquisitely delicate. In this recipe, you'll be scooping out these native, seasonal squash then filling them with a flavorful, robust combination of spiced beef and bulgur. This dish will fill you up with summer's warmth.



Ingredients

- 3 Cloves Garlic
- 2 Gray Squash
- 1 Bunch Oregano
- 1 Head Scarlett Butter Lettuce
- 1 Lemon
- 1 Red Onion
- ½ Cup Bulgur
- 8 Ounces Ground Beef
- ¼ Cup Grated Parmesan Cheese
- 2 Tablespoons Tomato Paste
- 2 Tablespoons Mayonnaise
- 1 Teaspoon Summer Squash Spice Blend
(Ground Cumin & Ground Fennel)

Makes 2 Servings
About 700 Calories Per Serving



Instructions

1



Cook the bulgur:

Heat a small pot of salted water to boiling on high. Once boiling, add the **bulgur** and cook 12 to 14 minutes, or until tender but slightly chewy. Using a fine strainer, drain the bulgur thoroughly. Set aside as you continue cooking.

2



Prepare the ingredients:

While the bulgur cooks, preheat the oven to 450°F. Wash and dry the fresh produce. Peel all 3 garlic cloves; finely chop 2. Mince the remaining clove; using the side of your knife, smash until it resembles a paste. Halve the squash lengthwise; using a spoon, scoop out the interiors, leaving a ¼-inch thick shell; roughly chop the interiors. Pick off and roughly chop the oregano. Cut off and discard the root of the lettuce; separate the leaves. Using a peeler, remove the rind of the lemon; mince to get 2 teaspoons of zest. Quarter the lemon; remove the seeds. Peel and mince the onion.

3



Cook the filling:

In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion**, **chopped squash**, and **chopped garlic**. Cook 2 to 4 minutes, or until softened. Add the **ground beef** and **spice blend** and cook, breaking apart with a spoon, 2 to 4 minutes, or until browned; season with salt and pepper. Add the **tomato paste**, **lemon zest**, **half of both the Parmesan cheese and oregano** and **¼ cup of water**. Cook, stirring frequently, 2 to 3 minutes, or until slightly reduced. Remove from heat. Stir the cooked bulgur into the pan; season with salt and pepper to taste.

4



Stuff & bake the squash:

Place the squash on a sheet pan, cut side up, and season with salt and pepper. Using a spoon, fill each squash with as much of the **filling** as possible (save any remaining filling to serve on the side). Bake in the oven 14 to 16 minutes, or until the meat is browned on top and the squash are tender when pierced with a fork. Remove from the oven.

5



Make the salad dressing:

While the squash bake, in a small bowl, combine the **mayonnaise**, **garlic paste**, and **the juice of 2 lemon wedges**. Season with salt and pepper and whisk in **1 tablespoon of olive oil** until combined. Set aside as you continue cooking.

6



Finish & plate your dish:

In a large bowl, combine the **lettuce** and **half the remaining Parmesan cheese**. Add in enough dressing to coat the greens (you may have extra dressing); toss to thoroughly mix. Season with salt and pepper to taste. Divide the squash and salad between 2 plates. Top the squash with the **remaining oregano and Parmesan cheese**. Garnish with the **remaining lemon wedges**. Enjoy!