

Summer Squash Chili Boats



Prep: 30 minutes **Cook:** 20 minutes **Yields:** 2 servings

- 1 medium to large summer squash (like zucchini or yellow squash)
- 2 stalks kale
- 1 onion or 3 green onions
- other chopped vegetables
- 1 can of chili

Optional

- shredded cheese
- extra can of beans
- canned corn
- sour cream
- diced tomatoes
- taco seasoning
- tortilla chips



Chef's Notes: If you do not have canned chili, use a can of beans, can of diced tomatoes & taco seasoning as a substitute. Try topping the chili boat with cheese before baking to add a crispy top or add crushed tortilla chips before eating for extra crunch.

1. Preheat oven to 350° F.
2. Cut summer squash lengthwise & using a spoon or tablespoon, scoop some of the insides out of the zucchini (setting aside- do not throw out) until you have a small "boat".
3. Put on a baking sheet scooped side down. Sprinkle with olive oil & bake for 10 minutes.
4. While the zucchini is "pre-baking" dice & saute remaining vegetables including the scooped insides of the squash.
5. Add the can of chili to the vegetable mix & stir until it's all heated through.
6. Take the zucchini out of the oven and flip over so the scooped side is facing up.
7. Using a spoon or ladle, scoop the vegetable & chili mixture into the "boats" (extra chili mixture can be saved & eaten later).
8. Return the stuffed boats to oven and bake for 5-7 minutes.
9. Remove the boats & enjoy! If the boat is too hot, cut it into sections before eating & remember the whole thing is edible!

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