

SUMMER SQUASH CHILI BOATS



Prep: 30 minutes

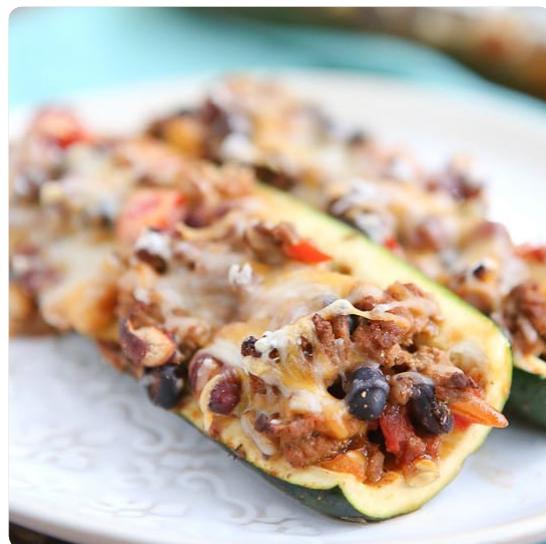
Cook: 20 minutes

Yield: 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



1. Preheat oven to 350.
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!

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.

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