

Stuffed Hyotan (long squash)

Adapted from "A DASH of Aloha"

4 servings

Hyotan squash	2 lb.
Ground turkey or chicken breast (4 oz.)	1/2 cup, packed
Onion, minced (about 1 oz)	2 tbsp.
Pine nuts, toasted	2 tbsp.
Salt	1/4 tsp.
Bread crumbs, Italian style	1/4 cup
Egg whites, lightly beaten	2 each
Ricotta cheese	1/4 cup
Garlic, minced	3 cloves
Tomatoes, diced, including juices	1 can
Red pepper flakes	1/4 tsp.
Olive oil, extra virgin	2 tbsp.
Parmesan cheese	4 tbsp.
Pepper	to taste
Fresh chopped herbs (parsley, oregano, thyme, basil)	



1. Pre-heat oven to 350° and boil a large pot of water.
2. Peel squash using a vegetable peeler, discard stem and end pieces.
3. Cut squash into 4 even cylinder size pieces, use a spoon to remove cores and seeds.
4. Boil squash pieces for 3 to 4 minutes to par-cook, and drain well.
5. Combine next 7 ingredients (turkey through ricotta cheese), mix well to combine.
6. Fill centers of squash pieces with turkey mixture.
7. In an oven proof pan, add garlic, tomatoes, red pepper and olive oil.
8. Place squash in pan, top each piece with 1 tbsp. parmesan cheese.
9. Bake approximately 45 to 60 minutes, or until squash is tender but still firm.
10. Sprinkle with fresh herbs before serving with rice or pasta.

Tip: Broil top if cheese does not brown, or if browning too much, cover lightly with aluminum foil.

Nutrition Facts	
Serving Size (355g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 480mg	20%
Total Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 15g	
Vitamin A 60%	• Vitamin C 60%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	