

Quinoa Stuffed Patty Pan Squashes

Ingredients:

6 patty pan (scallopini) squashes
½ cup red, white, black, or mixed quinoa
2 cloves garlic, chopped fine
1 stalk celery, chopped fine
½ cup frozen, peeled edamame
6 Tbs shaved or shredded parmesan cheese
1 Tbs fresh thyme leaves
Salt and cracked black pepper
Extra virgin olive oil

Preparation:

Place the quinoa and 1 cup of water in a small pan. Bring to a boil, lower heat and simmer with a lid for about 15-18 minutes. Remove from heat and set aside.

In the meantime, get the patty pans ready to be stuffed. Slice a very thin layer off the bottom so that the squash will sit nice and flat.



Then cut a large round circle on the top, and scoop out the middle with a spoon. Scrape out all the seeds gently.



Once the quinoa is ready, add the chopped garlic, celery, fresh thyme leaves, salt, and edamame. Fill the patty pans with the quinoa, lie them in a baking dish, drizzle with a little extra virgin olive oil, sprinkle some cracked black



pepper on top and place in the oven at 350 degrees.

Bake for about 20 minutes.

Take out of the oven, but about a Tbs of parmesan cheese on top of each patty pan, bake for another 10-15 minutes, serve hot, enjoy!

