

STUFFED SQUASH

Any small squash looks colourful with carrots and pinenuts in its shell, zucchini, pittypan, spaghetti try them all!

4 medium market fresh zucchini or squash of your choice
2 tbsp. (30 mL) butter
2 tbsp. (30 mL) all purpose white flour
½ tsp. (3 mL) curry powder or to taste
1 cup (250 mL) milk
Salt and pepper to taste

1 cup (250 mL) grated market fresh carrot (1 med)
2 cloves garlic, smashed, then chopped
4 tbsp. (60 mL) pine nuts
4 tbsp. (60 mL) bread crumbs
4 tsp. (20 mL) grated Parmesan

Trim the zucchini and cut in half lengthwise. Scoop out the soft center seeds and discard.

Melt butter, stir in flour and curry. Cook 1 or 2 min. Whisk in milk, cook to thicken. Season.

Add carrots, garlic, pine nuts and cook, stirring for 3 - 4 minutes. Arrange zucchini on a baking dish and heap the carrot mixture into them. Top with bread crumbs and cheese. Bake 400 F (200 C) until heated through and lightly browned, 15 - 20 minutes.