



Makes 16 boats + 3 cups stuffing
Preparation Time: 25 minutes
Cook Time: 25 minutes

INGREDIENTS:

4 medium yellow summer squash or zucchini

½ cup white balsamic vinegar

3 tablespoons finely chopped sun-dried tomatoes (not oil-packed)

2 tablespoons chopped fresh oregano

2 cloves garlic, minced

¼ teaspoon sea salt

¼ teaspoon crushed red pepper

3 cups cooked brown basmati rice

2 cups cooked lentils

1 cup chopped roma tomatoes

¾ cup thinly sliced scallions

3 tablespoons chopped toasted walnuts

Nutritional yeast (optional)

Summer Squash Boats with Lentil-Rice Stuffing

This elegant side or light main dish is ideal for serving at a BBQ when the weather gets warm. Yellow summer squash is hollowed out into mini boats and stuffed with a succulent filling of chewy rice, hearty **lentils**, tangy sun-dried tomatoes, and aromatic herbs before being baked to tender perfection in the oven. A sprinkling of nutritional yeast adds a light cheesy flavor to this colorful crowd-pleaser, and toasted walnuts deliver a satisfying crunch. If you can't find yellow squash at summer's peak, use 16 (2- to 4-inch) pattypan or sunburst squash, tops cut off and squash hollowed out, instead. And if you happen to have extra filling after the squash are stuffed, use it as a base for a **grain bowl** topped with sautéed veggies and your favorite savory sauce.

For more yellow squash recipes, check out these tasty ideas:

- [Baja Rice Bowls with Grilled Summer Squash](#)
- [Summer Squash Veggie Skewers Over Edamame Quinoa](#)
- [Spicy Thai Noodles with Spiralized Yellow Squash](#)
- [Summer Squash Soup with White Beans and Kale](#)

By Shelli McConnell

- 1 Preheat oven to 350°F. Halve each squash lengthwise and then crosswise to make 16 shells. Scoop out seeds and pulp, leaving ¼-inch-thick shells. Arrange shells, hollowed sides up, in a 13×9-inch baking dish. Bake, uncovered, 10 minutes.
- 2 Meanwhile, for stuffing, in a large bowl whisk together the next six ingredients (through crushed red pepper). Add the next five ingredients (through walnuts). Stir to combine. Spoon as much of the stuffing as possible into partially baked squash shells, mounding slightly. Spoon any remaining stuffing into a 1-quart round baking dish. Bake shells and stuffing, uncovered, 25 to 30 minutes or until squash is tender. If desired, sprinkle with nutritional yeast and additional fresh oregano.