

Cupcake SQUASH

Stuffed squash with a sweet, savory flavor.

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Burpee's new Cupcake is a hybrid squash shaped like a cupcake, with the soft, edible skin of a zucchini and the delicate, sweet flavor of a patty-pan squash. The 2-in. (5-cm) tall by 5-in. (12-cm) round fruits are great for roasting, grilling, boiling and stuffing.

See the other side for a delicious recipe starring this new squash.



Stuffed Cupcake SQUASH

A creamy, flavorful and healthy stuffing.

Instructions:

Preheat oven to 400°F. Slice off the top third portion of each squash. Scoop out seeds. Steam lower portions cut side down and tops cut side up for about 5 minutes. Remove tops and continue steaming squash “bowls” for another 2 to 3 minutes. Do not overcook. Mix remaining ingredients. Add flesh of three tops and reserve 1 tablespoon of breadcrumbs. Fill squash “bowls” with mixture and sprinkle with reserved breadcrumbs. Bake at 400°F for 20 minutes. Optional: add chopped boiled ham or sautéed, seasoned ground beef to the mixture. Season to taste.



Ingredients:

- 3 “Cupcake” squash, about 4 inches in diameter
- 2 tablespoons low-fat sour cream
- 2 tablespoons grated parmesan cheese
- 3 tablespoons fresh bread crumbs
- 1 tablespoon extra-virgin olive oil
- 1 egg
- 2 tablespoons fresh thyme