

Bacon-Stuffed Yellow Squash

Ingredients

- 3 medium yellow squash
- Several dashes salt and pepper
- 12 seasoned croutons or 6 round butter-flavored crackers, crushed
- 1/2 cup shredded Cheddar cheese
- 6 slices bacon
- 1/3 cup finely chopped yellow onion
- 1 can (10 oz.) diced tomatoes and green chilies, drained
- 1/2 teaspoon garlic powder



Instructions

Preheat the oven to 375°F. Spray a 9x13-inch baking dish with cooking spray. Gently scoop the pulp from each squash half, leaving 1/4-inch shells. Reserve the pulp. Arrange the squash shells in the baking dish; sprinkle with salt and pepper. In a small bowl, combine the crushed croutons or crackers with the cheese; set aside.

Heat a large skillet over medium heat. Add the bacon and cook for 5 minutes or until the bacon is crisp. Drain half of the bacon fat from the skillet. Remove the bacon; chop into small pieces and set aside.

Add the onion and reserved squash to the skillet. Cook for 5 minutes or until the onion and squash are softened. Use a spoon to mash or break up any large pieces of squash. Return the chopped bacon to the skillet; add the drained tomatoes and garlic powder. Cook for two minutes (if the mixture is watery, use a spoon to remove the excess liquid from the skillet). Spoon the mixture into the squash shells.

Bake for 20 minutes or until the shells are tender. Remove from the oven and top with the cheese mixture. Return to the oven and bake an additional 5 minutes or until the cheese melts. Yield: 6 servings.

Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.

Nutrition Facts

Servings: 6

Amount per serving

Calories **194**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 4.8g **24%**

Cholesterol 31mg **10%**

Sodium 702mg **31%**

Total Carbohydrate 10.4g **4%**

Dietary Fiber 2g **7%**

Total Sugars 3.3g

Protein 11.6g

Vitamin D 1mcg **6%**

Calcium 95mg **7%**

Iron 1mg **6%**

Potassium 501mg **11%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**