STANDARD RECIPE FORMAT:

This recipe format is easy to follow and takes up the least space. Ingredient list is a quick reference to determine if ingredients are on hand and listed in order of use in recipe. Step-by-step method follows ingredient list.

EXAMPLE:
Recipe Name: Stuffed Pattypan Squash

Brief Description: Pattypan squash, a summer squash notable for its small size, is a great find at the farmer’s market. This quick and easy stir fry brings out the delicate flavor without being overwhelming.

Number of Servings: 2
Cost per Serving: $1.75

Ingredients and Measurements:
- 2 standard size pattypan squash
- 1 small onion (1/2 cup), diced
- 1 small tomato (1/2 cup), diced
- 1/4 cup bread crumbs, seasoned or plain
- 1/4 cup shredded parmesan cheese

Directions:
1. Preheat oven to 350
2. Bring one inch of water to a boil in a saucepan over medium-high heat. Add squash, cover, and cook for 10 minutes, or until a fork can pierce the stem with little resistance. Drain, and slice off the top stem of the squash. Use a melon baller or small spoon to carefully scoop out the centers of the squash.
3. Spray small 8 inch square pan with cooking spray
4. Add 1 teaspoon of olive oil to a saucepan and sauté onions with the bits of squash for one minute.
5. Remove from heat and add to a medium bowl with the diced tomatoes, bread crumbs and shredded parmesan cheese
6. Stuff each squash to overflowing with the mixture and place in a small baking dish. Cover the dish loosely with aluminum foil.
7. Bake for 10-15 minutes in the preheated oven until heated through.