

Baked Stuffed Squash with Pinto Beans



FOODSERVICE

SERVING SIZE: 8



Ingredients

- 8 units Acorn Squash, Whole
- 2 tablespoons Olive Oil
- 1 cup Onion, Finely Diced
- 3 cups **Furmano's Diced Tomatoes with Juice**
- 2 tablespoons **Furmano's Tomato Paste**
- 2 tablespoons Grade B Maple Syrup
- 2 tablespoons Red Wine Vinegar
- 1 teaspoon Salt
- 1/2 teaspoon Cayenne Pepper
- 3 cups **Furmano's Pinto Beans**, Drained & Rinsed
- 1 cup **Furmano's Whole Kernel Golden Sweet Corn**, Drained
- 1 tablespoon Olive Oil
- 2/3 cup Panko Bread Crumbs
- 1/4 cup Parmigiano-Reggiano, Grated

In This Recipe



Pinto Beans - 15.5 oz.



Whole Kernel Golden Sweet Corn



Pouch Pinto Beans



Pinto Beans



Tomato Paste



Diced Tomatoes In Juice (1")



Preparation

1. Heat Oven to 375F. Place Squash on baking sheet and bake for twenty minutes. Wait until cool enough to handle (about 15 minutes), then cut in half (stem to tip) and scoop out seeds and membranes. Reserve.
2. In a large skillet over medium heat add Olive Oil and Onion. Cook, stirring often, until it begins to soften, about 3 minutes. Add Cayenne and Salt, cook, stirring, until tender, about 5 minutes.
3. Add Tomatoes and Tomato Paste and cook, stirring often, until Tomatoes have cooked down slightly, about 5 minutes. Add Maple Syrup and Vinegar, and bring to a simmer.
4. Simmer 8 to 10 minutes, until thick and fragrant. Taste and adjust seasonings. Stir in Pinto Beans and Corn and simmer another 5 minutes.
5. Oil sheet pan that will hold Squash. Season cavities and cut sides of the squash with salt and pepper and brush with Olive Oil. Fill with bean mixture.
6. Mix together Panko, Parmigiano-Reggiano and remaining Olive Oil and sprinkle over the filling. Brush exposed edges of squash with oil.
7. Place on sheet pan and cover tightly with foil. Bake for thirty minutes. The flesh should be easy to penetrate with a tip of a knife.
8. Uncover and return to oven for 5 to 10 minutes, or until breadcrumbs and cheese are lightly browned. Serve hot.

