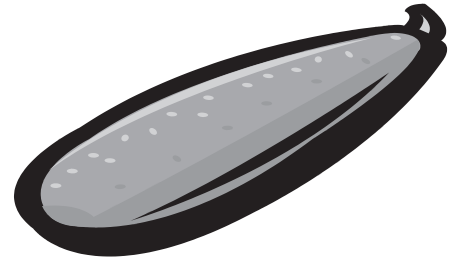


Barley-Stuffed Summer Squash

Lois Hilton - a TASTE recipe



Ingredients

2 medium summer squash

2 medium tomatoes, diced

2 cups barley, cooked

2 tablespoons butter

1 medium onion, chopped

1 medium sweet pepper, chopped

1 tablespoon oregano

2 cups shredded mozzarella cheese

Directions

Halve the squash lengthwise and remove seeds.

Combine the tomatoes with the barley in a bowl and set aside.

In a medium saucepan, sauté the onion, sweet pepper, and oregano in 2 tablespoons of butter.

Once the onions are translucent and peppers have softened, combine with the barley mixture.

Place squash in a baking dish, stuff with the barley mixture, top with shredded mozzarella cheese.

Bake at 350 degrees for 45 minutes.