



RECIPE | TOMATOES

GLUTEN FREE SQUASH BAKE



20 min
PREP.



4



medium

1 hr 55 min
1 hr 35 min
COOKING



INGREDIENTS

12oz Pure Flavor® RedRoyals® Sweet Cherry Tomatoes On-The-Vine, half quartered and half whole

1lb lean ground beef

1 large butternut squash, peeled and diced

4 celery stalks, chopped

1 zucchini, finely chopped

1 red onion, chopped

1 cup ricotta cheese

1 cup kale, chopped

¾ cup water

½ can chickpeas, drained and rinsed

½ cup Greek yogurt

¼ cup parsley, chopped

1 egg

2 garlic cloves, crushed

3 tsp ground cumin

1 tsp olive oil

1 tsp ground cinnamon



DIRECTIONS

- 1 Preheat oven to 400°F. Line two baking trays with parchment paper and arrange squash on the trays. Coat lightly with oil and sprinkle with half the cumin. Bake for 30 minutes, turning halfway.
- 2 Heat oil in a large saucepan over medium heat. Cook onion and celery until softened. Add garlic, cinnamon, and remaining cumin. Cook for 1 minute.
- 3 Add the beef to the pan and brown, approx. 5 minutes. Add the quartered tomatoes, chickpeas, zucchini, and water. Bring to boil, reduce heat to low and simmer for 20 minutes.
- 4 In a medium bowl combine ricotta, egg, yogurt, and parsley.
- 5 Lightly spray baking dish with olive oil. Spread half the cooked mixture over the base of the dish. Top with half the roasted squash. Repeat with another layer of both.
- 6 Top with ricotta mixture and bake for 25 minutes or until browned.
- 7 While casserole is baking, place remaining tomatoes-on-the-vine on a lined baking tray and bake for 15 minutes.
- 8 To serve, top with roasted tomatoes and chopped kale.

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