

Beef & Bulgur-Stuffed Squash with Caesar Salad

Yield: 2 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-stuffed-squash-recipe>

Ingredients:

- 3 cloves garlic
- 2 squashes Gray
- 1 bunch oregano
- 1 head butter lettuce Scarlett
- 1 lemon
- 1 red onion
- 1/2 cup bulgur
- 8 ounces ground beef
- 1/4 cup grated Parmesan cheese
- 2 tablespoons tomato paste
- 1 teaspoon spice Summer Squash, Blend, Ground Cumin & Ground Fennel
- 2 tablespoons mayonnaise

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 90 milligrams
4. Fat: 27 grams
5. Fiber: 27 grams
6. Protein: 37 grams
7. SaturatedFat: 10 grams
8. Sodium: 530 milligrams
9. Sugar: 9 grams
10. TransFat: 1 grams

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