

### **Ham Stuffed Squash Boats**

4 medium yellow summer squash or zucchini (about 6 inches long)  
1 small onion, finely chopped  
2 tablespoons unsalted butter  
¼ teaspoon kosher salt  
1 cup diced, fully cooked, ham  
1/2 cup dry bread crumbs  
1/2 cup Sweetwater Valley, White cheddar cheese, shredded  
1/2 cup shredded Parmesan cheese, divided  
1 egg, beaten  
¼ teaspoon pepper  
3 tablespoons Tennessee Gourmet® Apple & Spice (any flavor)

Preheat oven to 425° F.

Cut squash in half lengthwise; scoop out pulp, leaving a 3/8-in. shell. Chop pulp and set aside. In a large saucepan, cook shells in boiling water for 4-5 minutes. Drain and set aside.

In another saucepan, sauté onion in butter until tender; remove from the heat. Add ham, bread crumbs, cheddar cheese, 1/4 cup of Parmesan cheese, egg, Apple & Spice sauce, pepper and squash pulp; mix well. Spoon into shells. Place on a lightly greased baking sheet. Sprinkle with remaining Parmesan cheese.

Bake for 12-15 minutes or until heated through.