

## Mediterranean Lentil-Stuffed Summer Squash Bowls

*Serves 4 | Prep Time: 20 min | Cook Time: 25 min | Total Time: 45 min*

Golden round summer squash roasted until tender, then filled with a savory lentil and vegetable medley. Each bowl is hearty, colorful, and naturally protein-rich — a vibrant plant-forward centerpiece.

In this recipe I use French (du Puy or Puy lentils). They are a bit firmer than other lentils. They hold their shape and texture which adds to the texture profile.

If you prefer to get a different type get the brown or green

Amazon affiliate link for the French version. ([https://www.amazon.com/dp/B001CDR9RQ/ref=cm\\_sw\\_r\\_as\\_gl\\_api\\_gl\\_i\\_HGVSSV6P8CDSB1T2T832?linkCode=ml1&tag=henrybaker-20](https://www.amazon.com/dp/B001CDR9RQ/ref=cm_sw_r_as_gl_api_gl_i_HGVSSV6P8CDSB1T2T832?linkCode=ml1&tag=henrybaker-20) ).



**Recipe:****Ingredients:**

4 round yellow summer squash (pattypan), tops sliced off and seeds scooped out  
1 tsp olive oil  
1/2 cup French lentils  
1 1/2 cups water  
4 scallions, sliced  
2 carrots, shredded  
1 cup sun-dried tomatoes (in oil, drained and julienned) or rehydrated dry  
4 garlic cloves, minced  
2 tsp dried thyme  
Salt to taste

**Directions:**

Preheat oven to 400°F (200°C). Lightly brush squash (inside and out) with oil. Arrange cut-side up on a baking sheet and roast for 20–25 minutes, until just tender but still holding shape.

While squash roasts, simmer lentils in water for 20 minutes or until tender. Drain any excess liquid.

In a skillet, sauté garlic and scallions for 2 minutes over medium heat. Add carrots, sun-dried tomatoes, thyme, and cooked lentils. Season with salt.

Fill roasted squash bowls generously with the lentil mixture. Replace tops for presentation, if desired.

Serve warm, optionally garnished with fresh parsley or toasted seeds.

**Chef's Note – Using Delicata Squash Instead of Pattypan:**

If you'd like to use delicata squash, choose 2 medium delicata (about 8–10" long) and halve them lengthwise. Scoop out the seeds, brush the cut sides with olive oil, and roast cut-side down at 400°F (200°C) for 25–30 minutes, or until tender. Fill the halves with the lentil mixture and serve open-faced rather than as "lidded bowls."

**Serving Suggestion:**

One stuffed squash (pattypan) is a light yet complete meal at ~390 calories, 24g protein, and 10g fiber. For bigger appetites, pair with a simple green salad, a side of roasted vegetables, or a small portion of black rice or quinoa.

**Protein Flip™ Note:**

This dish layers plant-based protein from lentils with fiber-rich vegetables, creating a satisfying and nutrient-dense main without relying on animal protein.

**Nutrition (per serving):** 390 cal | 24g protein | 10g fiber | 12g fat