



A Premium Farm-to-Fork  
Culinary Market

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## Stuffed 8 Balls

4 8-ball squash  
1/2 pound hot sausage  
1/4 cup onions, chopped  
1 teaspoon fresh garlic, chopped  
1/4 cup bell pepper, chopped  
1 tomato, chopped  
3 ounces Monterrey Jack or Cheddar cheese  
Salt and Pepper

Directions:

Pre-heat oven at 350 degrees.

Slice off stem end. Place upside down in pan with one inch water and boil for 10 minutes.

After squash cools a bit, use a spoon to carve the flesh out of the inside, and set aside in a colander to drain.

Saute sausage, onions, and garlic until brown. Add tomato and well-drained, chopped squash to meat mixture. Add half of cheese. Fill squash shells. Sprinkle with remaining cheese. Place in preheated oven until cheese melts.

