



Seasonal Eating Demo with Carol Muncer
Open Farm Day August 10th, 2024

Stuffed Roasted Squash Blossoms

- 3 tablespoons olive oil, divided
 - 3 cloves garlic, minced
 - 1 bunch swiss chard, stems removed, and leaves chopped
 - 3 tablespoons chopped fresh basil
 - salt and ground black pepper to taste
 - 3 ounces cream cheese (softened) or cheese of choice
 - 8 zucchini (or other squash) blossoms, stamen removed
1. Preheat the oven to 400 F (200 C). (or use an air fryer set at the same temperature and cook for 3-4 minutes)
 2. Heat 1 tablespoon olive oil in a pan over medium heat; add garlic and cook for 1 minute. Stir in chard and cook until soft, about 10 minutes. Add basil, salt, and pepper, and cook until basil is soft, about 2 minutes. Remove from heat and let cool completely, about 15 minutes.
 3. Stir cheese and chard mixture together in a bowl until thoroughly combined. Fill zucchini blossoms about 3/4 full with the cheese mixture, and pinch the ends closed. Place filled blossoms in a roasting pan; drizzle with 2 tablespoons olive oil, and sprinkle with salt and pepper.
 4. Roast in the preheated oven until squash blossoms are hot, about 10 minutes.