



# yellow squash stuffed meatballs

NIBBLEDISH CONTRIBUTOR

## Ingredients

1 lbs ground beef 1 tbs garlic powder 1 tbs onion powder 2 scallion(green onion)chopped finely salt and pepper to taste 2 tbs soy sauce 1 tbs honey 4 yellow squash 1/2 cup water to steam

## Instructions

cut the squash in 3 and core the middle left 1/3 inch for the bottom yield 12 mixed all the other ingredient stuffed the meat mixture on the squash pour water on the pyrex arrange the squah stuffed meat in it microwave on high heat for 10 min ready for dinner meal, be carefull there some juice inside the squashed, and the dripping will come out of the meat so it's not so bad not to greasy