

Easy Grilled Stuffed Yellow Squash: A Cheesy, Herby Summer Side Dish

Nothing says summer quite like the smoky aroma of grilled vegetables-and this



OVEN
400°F

TIME
12 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

4 medium yellow squash
1 tablespoon olive oil
Salt and black pepper, to taste
1/2 cup shredded cheddar or mozzarella cheese
1/4 cup grated Parmesan cheese
1/4 cup finely chopped onion
1 small tomato, seeded and chopped
1 clove garlic, minced
2 tablespoons chopped fresh parsley or basil
Optional: red pepper flakes for a little kick

DIRECTIONS

1. ? 1. Prep the Grill: Preheat your grill to medium-high heat (around 400°F). Brush the grates lightly with oil or use a grill-safe pan for stability.
2. ? 2. Prepare the Squash: Cut each squash in half lengthwise. Scoop out the center using a spoon, leaving a ...-inch shell. Chop the scooped-out squash flesh for the filling.
3. ? 3. Make the Filling: In a bowl, mix together:
4. Chopped squash centers
5. Onion, tomato, and garlic
6. Both cheeses
7. Herbs and seasonings
8. Add red pepper flakes if you like a little heat.
9. ? 4. Stuff the Squash: Brush the squash shells with olive oil and season with salt and pepper. Then spoon in the filling generously.
10. ? 5. Grill to Perfection: Place the stuffed squash cut-side up on the grill. Close the lid and cook for 10-12 minutes, until the squash is tender and the cheese is bubbly and golden.
11. ? Tip: Use a piece of foil or grill-safe tray if your squash is a little wobbly.
12. ? 6. Garnish & Serve: Remove carefully and top with fresh herbs or a sprinkle of extra cheese. Serve warm.

SWAPS & NOTES

& Swaps Cheese : Feel free to mix it up with smoked gouda,

fontina, or feta for new flavor dimensions.

Herbs : Use fresh thyme or chives if you're out of basil or parsley.

Tomato : Swap in sun-dried tomatoes for extra umami.

Low-carb option : Skip the tomato and use chopped mushrooms for a more keto-friendly version.

TIPS FOR SUCCESS

Don't over-scoop : Leave enough flesh to hold the filling without tearing.

Watch your grill : Avoid direct flame under the squash to prevent burning the bottoms.

Use uniform squash : Even sizes mean even cooking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-grilled-stuffed-yellow-squash-a-cheesy-herby-summer-side-dish/>