

QUINOA STUFFED ACORN SQUASH



HEALTHY EATING SERIES
COMPLIMENTS OF SFG

Ingredients

¾ cup dry quinoa
3 acorn squash
2 tbsp extra-virgin olive oil
1 small onion, diced
1 stalk celery, diced
1 large apple, diced
1 cup mushrooms, diced
½ cup cranberries, fresh or frozen
3 cloves garlic, minced
1 tsp sage
1 tsp thyme
½ tsp cinnamon
1 tsp salt
Pepper, to taste

OPTIONAL

1½ cups vegetable broth (look for low sodium)
2 tbsp maple syrup
1-2 sausage links

Nutrition

Just like other orange-colored vegetables, acorn squash contains *beta-carotene* (antioxidant), which your body converts to *Vitamin A*. It is also high in *Vitamin C*.

Quinoa is a *whole grain*, and thus a good source of *fiber*. It is also higher in *protein* than rice, which makes it a great alternative for plant-based meals.

Preparation time

25 min

Cook time

30 min

Total time

55 min

Servings

6 servings

Description

Acorn squash is a popular autumn vegetable known for its subtly sweet, nutty flavor. While it is delicious simply sliced and roasted with olive oil, salt and pepper, this recipe brings it to life with all of your favorite fall flavors. Enjoy the savory essence of onions, celery, and mushrooms, alongside the sweet and tart flavors of apples and cranberries.

Directions

- Preheat:** Set the oven to 425 degrees Fahrenheit.
- Prepare the Squash:** Put the squash on its side and cut a thin slice off of the bottom and the top (below the stem) to create flat edges. Then cut your squash in half horizontally. Now you have two halves that can sit flat. Scoop out the seeds and excess pulp (save the seeds for roasting, if desired).
- Roast Squash:** Place squash on a baking sheet, cut side up. Brush the inside with olive oil and sprinkle with salt and pepper. If you want to add a little sweetness, also brush with maple syrup. Roast for about 35-45 minutes, or until tender.
- Cook Quinoa:** Cook quinoa in a medium pot using water or the vegetable broth. Bring to a boil and then cover and simmer until liquid is gone (about 15-20 minutes).
- Sauté Vegetables:** In a large pan, heat olive oil over medium heat and sauté the onion, celery and apples until softened (about 5-6 minutes). Then add the mushrooms, cranberries, garlic, sage, thyme, cinnamon, salt and pepper. Sauté until mushrooms and cranberries are tender (about 7-9 minutes).
- Combine, Stuff and Bake:** Remove the vegetables from the heat and add the quinoa. Then add the mixture to the roasted squash and bake until quinoa is lightly browned and crispy (about 10-15 minutes).

Notes

Meal or Snack: Depending on how hungry you are, this can serve the stuffed squash as a meal by itself. It also pairs nicely with a fall soup or a side salad.

Add Meat: This is a great plant-based meal, but if you want to add extra protein, leave out ½ of the mushrooms, crumble up sausage and add it after the onions, celery and apples have cooked. We love the house-made chicken sausages from Whole Foods.