

P1

Gluten free too



Stuffed Acorn Squash

★★★★★

This Quinoa Stuffed Acorn Squash is an all-in-one meal that's bursting with fall flavors. The savory goodness comes from sautéed onions, celery, mushrooms, and warm spices. Then it's balanced out with subtly sweet and tart flavors from apples and cranberries. The quinoa gives it a nice texture and lots of added protein. It's heavenly!

Course	Main Course
Cuisine	American, Vegan
Prep Time	25 minutes
Cook Time	30 minutes
Total Time	55 minutes
Servings	6 people
Calories	280kcal
Author	Melissa Huggins

Equipment

- Large Pan
- Large Rimmed Baking Sheet

Ingredients

- ¾ cup dry quinoa
- 1 ½ cups vegetable broth , low sodium
- 3 acorn squash (medium-sized)
- 2 tablespoons olive oil + more for brushing acorn flesh
- 1 small onion , finely diced
- 1 stalk celery , finely diced
- 1 large apple , diced
- 8 ounces cremini mushrooms , diced
- ½ cup cranberries (fresh or frozen)
- 3 cloves garlic , minced
- 1 teaspoon sage
- 1 teaspoon thyme
- ½ teaspoon cinnamon
- 1 teaspoon Himalayan salt (or preferred salt), more to taste
- Fresh cracked pepper , to taste
- 2 tablespoons pure maple syrup *Optional

Instructions

1. Preheat oven to 425 degrees F

p2

2. Cut a thin slice off the bottom of each squash to create a flat edge, so the squash can stand up (*don't cut too much or it will leave a hole*). Cut stems off the tops if they protrude. Now cut each squash horizontally in half. Scoop out the membranes and seeds inside of the squash & discard. (*photos are in post above)
3. Place the squash on a rimmed baking sheet, cut-side up. Brush the inside with olive oil and sprinkle with salt & pepper. (*Optional: *lightly brush with maple syrup to add a subtle sweetness*) Roast the squash for about 35-45 minutes, or until tender (test with a fork).
4. Add the quinoa and broth to a medium pot. Bring to a boil and then turn heat down to maintain a low simmer. Cover with lid and cook until liquid is gone and quinoa is fluffy. This usually takes about 15-20 minutes to cook. Remove from heat and fluff with fork. Set aside.
5. In a large pan, heat 2 tablespoons of oil over medium heat. Sauté the onion, celery, apples until softened. About 5-6 minutes
6. Add the mushrooms, cranberries, garlic, sage, thyme, cinnamon, salt, and pepper. Sauté about 7-9 minutes, or until mushrooms and cranberries are tender (*if food sticks to the pan, you can splash a little vegetable broth or white wine to deglaze*).
7. Remove from heat and add the cooked quinoa. Combine well and taste for seasoning, add more as needed.
8. When the squash is ready, fill with the stuffing mixture. (*optional: *drizzle/spritz top of stuffing with oil for a crispier top*). Place in oven and bake 10-15 minutes, until the quinoa is lightly browned & crispy.

Notes

- This recipe is very versatile, so feel free to add your favorite ingredients. I make this with vegan sausage too. I leave out 1/2 of the mushrooms from the recipe and I crumble up 1 sausage link and add it after the onions, celery, and apples have cooked. I add a touch more oil and lightly brown them. I recommend Field Roast - Smoked Apple Sage flavor. So good!

Nutrition

Serving: 1 Acorn halve | Calories: 280kcal | Carbohydrates: 46g | Protein: 6g | Fat: 7g | Saturated Fat: 1g | Sodium: 383mg | Potassium: 1115mg | Fiber: 7g | Sugar: 5g | Vitamin A: 845IU | Vitamin C: 28.8mg | Calcium: 102mg | Iron: 3mg