

Stuffed Acorn Squash

Prep Time: 20 Minutes

Cook Time: 45 Minutes

Serves: 4 Servings

Ingredients

For the acorn squash:

- 2 acorn squash, halved and seeds scooped out
- 1 tablespoon olive oil

For the stuffing:

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1 cup quinoa
- 2 cups vegetable broth
- 1/2 cup chopped walnuts pecans, almonds, pistachios, or pumpkin seeds,
- 1/2 cup dried cranberries
- 1 1/2 teaspoon fresh thyme leaves, finely chopped
- 3/4 teaspoon fresh sage, finely chopped
- 1/4 teaspoon black pepper
- 1/8 teaspoon cinnamon
- salt to taste

Preparation

To Cook the Squash:

Step 1

Preheat your oven to 400F (200C).

Step 2

Divide the oil over the 4 squash halves and use your fingers or a brush to spread the oil over the squash flesh. Bake cut side facing down on a baking pan for 25 - 35 minutes until the squash is fork-tender.

To make the quinoa filling:

Step 1

Heat the oil in a large high sided pan or pot over medium-high heat. When hot add the onions and garlic and sauté until the onions turn translucent and just begin to brown, about 5 minutes. Add the quinoa and vegetable broth and cover with a lid. Bring to a simmer and continue to simmer for 10 - 15 minutes until the vegetable broth is absorbed and the quinoa is cooked.

Step 2

Once the quinoa is cooked, stir in all of the remaining ingredients, the nuts or seeds, cranberries, thyme, sage, pepper, cinnamon, and add salt to taste. I found the vegetable broth I used had enough salt so I did not need extra, but taste your dish and add more if needed. Remove from heat.

To stuff the acorn squash

Divide the quinoa mixture evenly among the acorn squash halves, packing it into the well of the squash. You may have extra quinoa leftover. Serve hot, and garnish with more fresh thyme or sage as desired.