

Roasted Acorn Squash

stuffed with Quinoa Mushroom Pilaf

SERVES 6



Ingredients:

- 3 medium acorn squash, halved lengthwise, seeds removed
- olive oil for brushing acorn squash
- 2 tablespoons olive oil, divided
- 1 onion, finely chopped, divided
- 1 cup quinoa, rinsed well and drained (red quinoa looks more festive)
- 1 1/2 cups vegetable broth
- 1/2 cup water
- 3 sprigs fresh thyme
- 2 cloves garlic, minced
- 1 1/2 cups mushrooms, finely chopped (omit if mold sensitive, can use any veggie of choice in place)
- 2 celery stalks, finely chopped
- 4 sage leaves, minced
- 1/2 cup toasted pumpkin seeds
- 1/4 cup dried cranberries
- salt and pepper, to taste

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Laura received her Bachelor of Science degree from Arizona State University in Exercise Science and Wellness. She is our Health Education instructor for various AETC programs.

Directions:

1. Preheat oven to 400 degrees.
2. Brush tops and inside of squash cavity lightly with olive oil. Season lightly with salt. Roast in oven until fork tender, about 45 minutes to an hour. Roasting time will depend on the size of your squash. Remove from oven and set aside.

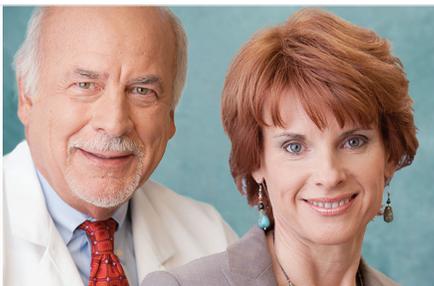
Quinoa Pilaf:

3. While acorn squash is roasting, heat 1 tablespoon olive oil in a saucepan. Add half the onion and cook until softened, about 2-3 minutes. Add the quinoa, broth, water and thyme, and bring to a boil. Reduce heat to low, and cook, covered, until liquid has been absorbed, about 15-20 minutes.
4. In a skillet, heat remaining tablespoon of oil, and add rest of onion, mushrooms, celery and sage. Saute until vegetables are soft and no more liquid from mushrooms remains.
5. Toss mushroom mixture with cooked quinoa, along with pumpkin seeds and dried cranberries. Season to taste with salt and pepper. Stuff acorn squash halves with Quinoa Pilaf.

Source:

April 2009; <http://www.onegreenplanet.org/vegan-food/roasted-acorn-squash-stuffed-with-quinoa-mushroom-pilaf>

Modifications in red by Laura McKay



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