



Quinoa Stuffed Acorn Squash

Prep Time: 20 min.

Cook Time : 45 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

388 calories

18.6 g total fat

549.5 mg of sodium



INGREDIENTS: **** Items not included in kit**

- Aluminum Foil**
- 2 acorn squash
- 2 tablespoons olive oil, divided**
- Salt & pepper, to taste**
- 1/2 cup quinoa, rinsed
- 1/4 cup dried cranberries
- 1/4 cup pepitas
- 1/4 cup green onions, white and green parts thinly sliced
- 1/4 cup chopped fresh parsley, plus 1 tablespoon for garnish
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- 3/4 cup grated Parmesan cheese
- 1/2 cup feta cheese

DIRECTIONS:

1. Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with aluminum foil for easy clean-up.
2. To prepare the **squash**, use a sharp knife to slice through it from the tip to the stem. It's easiest to pierce the squash in the center along a depression line, then cut through the tip, and finish by slicing through the top portion just next to the stem. Use a large spoon to scoop out the seeds and stringy bits inside, and discard those pieces. Place the **squash halves** cut side up on the foil lined pan. Drizzle **1 TB olive oil** over the squash, and sprinkle with **1/4 tsp salt and 1/4 tsp pepper**. Rub the oil into the cut sides of the squash, then turn them over so the cut sides are against the pan. Bake until the squash flesh is easily pierced through by a fork, about 30 to 45 minutes.
3. Pour **1 cup water** into a medium saucepan and bring to a boil. Rinse **quinoa** under running water until water runs clear. Add the **rinsed quinoa** to the boiling water, lower the heat to a simmer, cover and cook for 10-12 minutes, until the grains are tender and open. Remove the pot from the heat and stir in the **dried cranberries**. Cover, and let the mixture steam for 5 minutes. Uncover and fluff with a fork.
4. Pour the fluffed quinoa mixture into a medium mixing bowl. Add the **pepitas, 1/4 cup sliced green onions, 1/4 cup chopped parsley, 1 clove minced garlic, 1 TB lemon juice, 1 TB olive oil and salt & pepper to taste**. Stir until the ingredients are evenly distributed. If the mixture is very hot, let it cool for a few minutes before adding the **Parmesan cheese and feta cheese**, gently stirring the mixture to combine.
5. Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves. Return the stuffed squash to the oven and bake for 15 minutes, until the cheesy quinoa is turning golden on top.
6. Sprinkle the stuffed squash with the remaining **1 TB chopped parsley** as a garnish, and serve warm.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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