



Recipes

Other Vegetables

Stuffed Roasted Acorn

Prep Time: 10 minutes

Cooking Time: 45 minutes

Yield: 4 servings

Ingredients:

2 acorn squash
2 tablespoons olive oil
2 cloves garlic, minced or pressed
Sea salt and pepper
½ cup toasted pumpkin seed, chopped
½ cup parsley, chopped

Stuffing:

1 tablespoon olive oil
1 onion, finely diced
1 tablespoon curry
¼ cup golden raisins or currants
1 cup cooked whole grain (quinoa, brown rice, millet, barley)
½ cup parsley, chopped
1 zucchini, diced

Directions:

1. Preheat the oven to 375 degrees.
2. Cut acorn squash in half and clean out seeds and fibers. Cut a very thin slice off bottom, so that acorn squash halves can sit flat like soup bowls.
3. Brush with olive oil and distribute garlic evenly over 4 halves.
4. Sprinkle with sea salt and pepper, place on a baking sheet and bake for 35 minutes.
5. While squash is baking prepare stuffing.
6. In a skillet heat oil and sauté onions, curry and raisins for 3 minutes. Add cooked grains and stir for 5 minutes.
7. Remove skillet from heat and mix in parsley and zucchini.
8. Fill each squash cup with stuffing and top with chopped pumpkin seeds.
9. Bake in the oven for 15-20 minutes or until the squash is soft (when a butter knife sinks into the squash with ease).
10. Garnish with parsley and serve.