

Acorn Squash

With Quinoa Stuffing

SHOPPING LIST:

2 acorn squashes
1 cup raw quinoa
1 large red onion chopped
1 tablespoon olive oil
4 cloves minced garlic
3 tsp ground cinnamon
1/2 tsp sage or 1/2 tsp thyme
1/2 tsp cloves
1 tsp crushed chili peppers
1/4 cup chopped walnuts
1/4 cup fresh chopped parsley
1 tablespoon maple syrup
1/2 cup dried cranberries
1/2 cup celery, green peppers
and mushrooms
salt/pepper to taste



DIRECTIONS:

1. Preheat oven to 375 degrees Fahrenheit.
2. Bake squashes for 40 to 45 minutes or until you can easily pierce through the narrow ridge.
3. Cut cooled squashes in half lengthwise, scooping out the seeds..
4. Bring 2 cups of water to a boil in a saucepan. Add quinoa. Reduce heat to minimum, cover and cook until the water is absorbed. (approximately 15 minutes)
5. Heat the oil in a skillet. Add onion and garlic. Sauté until golden. Add remaining vegetables and continue cooking until desired. I like vegetables with a bit of crunch!
6. In a mixing bowl, combine cooked quinoa and vegetables. Add spices, walnuts, cranberries and maple syrup. Mix thoroughly.
7. Scoop out the squash pulp. Make sure to leave about 1/2 inch thick firm shell.
8. Chop up cooled squash and add quinoa mixture.
9. Stuff the squashes with the mixture.
10. Place in baking dishes. Bake *covered in pre-heated 350 degree Fahrenheit oven for 15-20 minutes.

Recipe is ideal for entertaining. Make ahead of time and store in fridge. Simply reheat as stated in #10.

Holistic Help:

*Yes, tinfoil wrapped squash works EXCEPT tinfoil has been linked to increasing your chance of ALZHEIMER'S DISEASE. Oven safe covered cook ware is a more holistic choice!

* I use the remaining 1/2 cup coconut milk in the rice cooker with 1/2 cup rice and 1/2 cup water! Perfect rice!

Another creation by MER'S MOM

