

Roasted Stuffed Acorn Squash



Ingredients:

- 2 Acorn squash Cut in half and seeds removed
- 1 cup of cooked quinoa (red, white, combo)
- 2 Sweet Potatoes diced
- 1 cup Chopped Kale
- ½ cup sliced mushrooms
- ½ cup chopped onions
- ½ cup chopped green peppers
- ½ cup of cherry tomatoes cut in half
- ¼ cup of dried cranberries
- ½ cup of chopped walnuts
- ¼ cup of Feta cheese
- 2 TBL olive oil
- 2 TBL fresh lemon juice
- ¼ cup Chicken Stock (if needed to keep vegetables moist)
- You can use any ingredients you have on hand for the vegetable filling.
- You can add some grilled chicken if you would like more protein.

Directions:

- Spray olive oil on the inside of the Acorn Squash, place on parchment paper on cookie sheet pan.
- Bake at 375 degrees for 45 minutes or until soft.
- In sauce pan add olive oil, onions, peppers and cook until tender.
- Pour lemon juice over kale and mix.
- Add mushrooms, sweet potatoes, tomatoes, walnuts, quinoa, and kale
- Cook until sweet potatoes and vegetables are soft. (If needed add ¼ cup vegetable or chicken stock to keep vegetables moist.)
- Fill the squash with the vegetable mixture, top with a little Feta cheese and put in oven for 10 minutes.
- You could also use shredded Cheddar Cheese.