

Stuffed Acorn Squash

GF - VG

Makes 4 servings

INGREDIENTS

2 medium acorn squash
2 tablespoons olive oil
½ teaspoon sea salt,
½ cup quinoa, rinsed
1 cup water
¼ cup dried cranberries
¼ cup raw pumpkin seeds)
¼ cup chopped green onion
¼ cup chopped fresh parsley
1 clove garlic, pressed or minced
1 tablespoon lemon juice
¾ cup grated Parmesan cheese
½ cup crumbled goat cheese or feta

ALTERNATIVES

spaghetti squash
avocado, grapeseed, coconut oil

raisins, dried apricot
sunflower seeds)

METHOD

Preheat oven to 400F. Cut squash in 1/2, scoop out the seeds and set aside for roasting (if you'd like - otherwise you can throw these away). Drizzle oil and sea salt over insides of the squash, then place them cut side down on a baking sheet and bake for 35-45 min until soft.

In the meantime, cook quinoa according to package and in a separate skillet toast pumpkin seeds.

In a bowl, mix cooked quinoa, pumpkin seeds, onion, parsley, minced garlic, lemon juice, salt and 1 tbsp. oil. Add cheeses and lightly toss. Lastly, evenly fill the squash with the mixture and bake for 15-18 min.