

NOVEMBER 2019

AUTUMN ROASTED & STUFFED ACORN SQUASH

Serves 4-8

Time: 35-45 minutes

Ingredients:

- 2 medium-sized acorn squash, halved and seeded
- 1.5 Tbsp olive oil, divided
- 2 stalks celery, diced
- 1 onion, diced
- 1 pound ground turkey
- 1 tsp dried thyme
- 1 tsp sage
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 cup quinoa
- 1 cup low sodium chicken broth
- 1/4 - 1/3 cup dried cranberries
- 1/4 cup parsley, chopped
- 1/2 lemon, juiced
- 4 oz crumbled goat cheese



Directions:

1. Preheat oven to 425° F.
2. Cut ends of acorn squash, then cut in half and remove seeds. Lightly oil insides of squash and place cut side down on a sheet pan lined with aluminum foil. Roast in oven for 25 minutes.
3. While squash roasts, prepare stuffing. Sauté onion and celery in 1-2 teaspoons olive oil for about 5 minutes.
4. Add ground turkey to vegetables, using a spoon to break into small pieces. Sprinkle in seasonings (thyme, sage, salt and pepper) and cook until browned.
5. Stir in quinoa and chicken broth. Bring to a boil, then lower temperature to a simmer. Cover and cook for about 15 minutes, or until most of the liquid is absorbed.
6. Remove pan from heat and stir in cranberries, parsley, lemon juice and goat cheese.
7. Reduce oven temperature to 400° F. Spoon stuffing mixture into each squash half and return to the oven for 5-10 minutes.