

Stuffed Acorn Squash with Kale & Mushroom

INGREDIENTS:

Serves 6

- 2 small acorn squashes, or 1 large one
- ½ cup uncooked quinoa
- 2 tablespoons olive oil
- 1 shallot, chopped
- 2 garlic clove, minced
- 1.5 cups button mushroom, chopped
- 2 cups chopped kale
- ¼ cup chopped fresh sage
- ⅓ cup toasted pecans
- ⅓ cup dried cranberries
- ¼ cup chopped chives
- 1/8 tsp salt



INSTRUCTIONS:

1. Preheat oven to 425 degrees F.
2. Slice acorn squash in half and scoop out of the middle. You can leave them in half or slice them into wedges. Drizzle with 1 tablespoon olive oil and sprinkle with a few pinches of salt. Roast flesh side down for 20 minutes, flip them over and roast them flesh side up for another 20-30 minutes or until fork-tender and golden brown. Remove from oven and set aside.
3. Cook the quinoa: Place ½ cup quinoa into a small saucepan. Add 1 cup of water, a pinch of salt and bring to a boil. Cover, reduce heat to low and let simmer for 15 minutes (check at the last 5 to make sure it's not burning to the bottom of the pan). Turn heat off and let it sit for another 10 minutes (still covered). Fluff with a fork and set aside.
4. In a large skillet, heat 1 tablespoon olive oil over medium heat. Add the chopped shallot, a pinch of salt. Let that begin to soften, then add the mushrooms, and garlic. Cook until the mushrooms are soft, stirring occasionally.
5. Add the kale and chopped sage. Cook until the kale wilts down, then add the cooked quinoa, pecans, cranberries and chives. Taste and adjust seasoning. Scoop the filling onto the roasted squash and serve.

Nutrition Facts			
Serving Size 1 cup			
Servings Per Container			
Amount Per Serving			
Calories 170	Calories from Fat 60		
<small>% Daily Value*</small>			
Total Fat 7g	11%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 45mg	2%		
Total Carbohydrate 27g	9%		
Dietary Fiber 3g	12%		
Sugars 7g			
Protein 4g			
Vitamin A 20%		Vitamin C 30%	
Calcium 6%		Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	<small>Calories:</small>	<small>2,000</small>	<small>2,500</small>
<small>Total Fat</small>	<small>Less than</small>	<small>65g</small>	<small>80g</small>
<small>Saturated Fat</small>	<small>Less than</small>	<small>20g</small>	<small>25g</small>
<small>Cholesterol</small>	<small>Less than</small>	<small>300mg</small>	<small>300mg</small>
<small>Sodium</small>	<small>Less than</small>	<small>2,400mg</small>	<small>2,400mg</small>
<small>Total Carbohydrate</small>	<small>Less than</small>	<small>300g</small>	<small>375g</small>
<small>Dietary Fiber</small>	<small>Less than</small>	<small>25g</small>	<small>30g</small>
<small>Calories per gram:</small>			
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>			