

Stuffed Acorn Squash

Ingredients:

- 1 onion, chopped
- 2 garlic, minced
- 1 tbsp. extra virgin olive oil
- 2 cups brown rice, cooked
- 2/3 cup dried cranberries
- 2/3 cup carrots, chopped
- 1 apples, peeled and grated
- 1/2 cup walnuts, chopped
- 2 tbsp. parsley, chopped
- 1/4 oz. dried sage
- 1/4 tsp. salt
- 3 acorn squash
- 1/2 cup dried cherries
- 1 cup low sodium vegetable broth



Nutrition Facts

Serving Size 1/2 squash (424g)
Servings Per Container 6

Amount Per Serving	
Calories 360	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 67g	22%
Dietary Fiber 11g	44%
Sugars 24g	
Protein 6g	
Vitamin A 70%	• Vitamin C 50%
Calcium 10%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. In a small pan, sauté onion and garlic in oil over medium heat until soft but not browned.
2. Place in a large bowl and add cooked rice, cranberries, chopped carrot, peeled and grated apple, chopped walnuts, parsley, and sage.
3. Season with salt and pepper and set aside.
4. Preheat oven to 375°F.
5. Slice acorn squashes in half, and scrape out seeds and strings. Place face down in large casserole or roasting pan and fill with 1/2 inch of vegetable stock, and bake for 15 to 20 minutes.
6. Remove, reserve any remaining stock, and place face side up in pan.
7. Fill each cavity with about 1/2 to 2/3 cup stuffing. Drizzle with remaining stock, and cover tightly with foil. Bake until squashes are cooked and slightly soft to the touch, about 30 minutes.
8. Remove the foil for the last 5 minutes of baking.