

Hearty Chickpea, Cauliflower, Kale, & Quinoa Stuffed Butternut Squash

Ingredients:

2 medium butternut squash
 1 medium cauliflower, sliced in small florets
 1 Tbsp. olive oil, divided
 1 cup quinoa
 2 cups low sodium vegetable broth
 1 bunch kale (stems removed and chopped)
 2 garlic cloves, minced
 1 tsp dried oregano
 1/2 tsp garlic powder
 1/2 tsp ground paprika
 1/2 tsp ground cinnamon
 Sea salt to taste, plus additional for roasting
 1 (15 oz) can no-salt added chickpeas, rinsed and drained
 Zest of 1 orange, plus 1 tbsp fresh orange juice

Optional Garnish:

Parsley, grated vegan parmesan cheese

4 Servings

Instructions:

1. Preheat the oven to 425 F.
2. Cut the butternut squash in half lengthwise, and scoop out the seeds with a spoon.
3. Place the butternut squash, cut side up, onto a baking sheet. Drizzle with olive oil and sprinkle with sea salt and cinnamon to taste.
4. Bake butternut squash for 45-55 minutes or until fork tender. Remove from the oven and allow to cool.
5. Place the cauliflower florets onto a baking sheet. Drizzle with olive oil. In a small bowl, combine garlic powder and paprika for the seasoning. Sprinkle onto cauliflower and bake for 15-20 minutes, until cauliflower reaches desired crispiness.
6. Reduce oven temperature to 375 F.
7. Pour vegetable broth into a small saucepan and bring to a boil.
8. Add in the quinoa and reduce the heat to medium-low. Cover for about 12 minutes or until most of the broth is absorbed.
9. Remove quinoa from the heat and let sit for 15 minutes. Fluff with a fork, then set aside.
10. Heat remaining olive oil over medium heat in a large skillet. Add kale and cook until wilted, about 4 minutes.
11. Reduce heat to medium-low and add garlic, oregano, and sea salt to taste. Cook the kale mixture for an additional 30 seconds until fragrant.
12. Stir in chickpeas, cauliflower, orange zest, orange juice, and quinoa until well combined. Remove mixture from heat.
13. Begin scooping out the cooled butternut squash flesh leaving about a 1/2 in thick border around the sides and 3/4 in border along the bottom.
14. Add the chickpea, kale, cauliflower, and quinoa mixture to all the squash halves.
15. Bake at 375 degrees for an additional 10 minutes.
16. Sprinkle with vegan parmesan cheese and serve warm.



Nutrition Facts

4 servings per container
Serving size 1 Half Stuffed
Butternut Squash
(801g)

Amount per serving
Calories **390**
 % Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 73g	27%
Dietary Fiber 16g	57%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 276mg	20%
Iron 5mg	30%
Potassium 1997mg	40%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.