

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

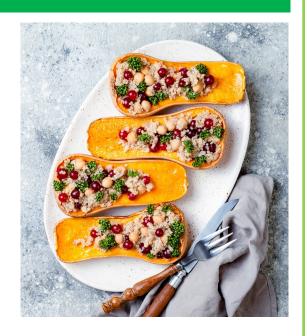


Parsley, grated vegan parmesan cheese



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.
- 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 guinoa 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.
- 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

Calories	<u> </u>
%	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 Sugar	rs 0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 276mg	20%
Iron 5mg	30%
Potassium 1007ma	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.