

Quinoa, Chickpea, and Mushroom Stuffed Acorn Squash

Ingredients:

- 2 acorn squash, halved and seeds removed
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 8 ounces mushrooms, chopped (cremini or any variety)
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 teaspoon dried thyme
- 1/8 teaspoon sea salt
- Fresh parsley or cilantro, chopped, for garnish



Instructions:

1. Preheat oven to 400 F. Place acorn squash halves cut side down on a baking sheet lined with parchment paper. Bake for 30-35 minutes, until squash is tender when pierced with a fork.
2. In a medium saucepan, combine quinoa and vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes until quinoa is cooked and liquid is absorbed.
3. In a large skillet, heat olive oil over medium heat. Add diced onion and sauté until softened, about 5 minutes.
4. Add minced garlic and chopped mushrooms to the skillet. Cook for another 5-7 minutes until mushrooms are browned and softened.
5. Stir in cooked quinoa, chickpeas, dried thyme, salt, and pepper. Cook for 2-3 minutes until heated through.
6. Remove acorn squash halves from the oven. Fill each squash half with the quinoa, chickpea, and mushroom mixture.
7. Garnish with chopped fresh parsley or cilantro.
8. Serve hot and enjoy!

Servings: 4

Nutrition Facts

4 servings per container	
Serving size	1 Half Squash
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 71g	26%
Dietary Fiber 13g	46%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 6mg	35%
Potassium 1379mg	30%

*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.