

# Stuffed Acorn Squash

Category: Main dishes

## Ingredients:

2 Acorn Squashes  
1 tablespoon Olive oil  
½ teaspoon salt  
¼ teaspoon black pepper  
4 teaspoons low sodium soy sauce  
1 cup onion - small diced  
¾ cup red, orange or yellow bell pepper – small diced  
½ lb ground beef or turkey - 90/10 lean  
1 teaspoon olive oil  
1 cup quinoa  
3 cups chicken stock - no salt added or reduced sodium  
1 tablespoon dried oregano  
½ tablespoon dried thyme  
1 teaspoon garlic powder  
1 tablespoon paprika  
½ teaspoon salt  
½ teaspoon black pepper  
2 tablespoons low sodium soy sauce



## Directions:

Preheat your oven or grill to 425 degree Fahrenheit.

Using a sharp knife, cut the acorn squash in half, lengthwise. Using a spoon, scoop out the seeds and stringy attachments. Leave the meaty flesh intact and equally distribute the extra virgin olive oil between the two halves. Next, cover your cookie sheet with foil and place the spaghetti squash face down onto the cookie sheet. Place in the oven, on the lowest rack and cook for 30 minutes. If cooking on a grill, turn down the element directly under the cookie sheet and maintain a temperature between 400-425 degrees.

After 30 minutes, remove from oven/grill, carefully flip over the squash and insert a fork into the flesh. When the fork goes in easily it is done, the flesh will have brown roasted spots, this is good, it adds extra flavor. If not quite done, cook for an additional 5 minutes and check. Continue cooking until done.

Remove from oven, flip so they are flesh side up and drizzle 1 teaspoon of low sodium soy sauce on each half. Cool for 10 minutes. Next, place the spaghetti squash flesh side up on a large plate and using a fork, scrape the inside flesh. It should start to pull apart in short "noodles." Continue to scrape until you reach the skin for both halves. Serve with your choice of tomato sauce and vegetables.

While the acorn squash is cooking, dice your onions and bell peppers. In a large skillet over medium high heat, add your ground meat, season with 1/4 teaspoon of salt, 1/8 teaspoon black

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pepper, 1/2 tablespoon paprika and 1/2 teaspoon garlic powder. Cook your meat, stirring about every 3 minutes until it begins to brown and no pink remains. Transfer to a plate with a paper towel to absorb any extra oil. Return your pan to the burner and using any left over oil in the pan, over medium high heat saute your onions, bell pepper, 1/4 teaspoon salt, 1/8 teaspoon black pepper, 1/2 tablespoon paprika and 1/2 teaspoon of garlic powder, stir only every few minutes. The vegetables will brown faster if they are not constantly stirred. Continue to cook until onions are soft and translucent, about 5-8 minutes. Next, add your quinoa, stir into your vegetables and allow to cook for one minute. Add 2 cups of chicken stock, the soy sauce, dried oregano and thyme and bring to a boil. Once boiling, reduce to a simmer and cook until the quinoa is al dente (the quinoa will crack and become softer but still have texture). This takes about 25 minutes. If the quinoa absorbs all of the liquid, add more chicken stock 1/4 cup at a time. When done, it should have just a little bit of liquid remain moist. Taste and add extra soy sauce or black pepper if needed.

Add your ground meat back in and warm for an additional 2-3 minutes. To serve, place 1/2 of the acorn squash on a plate and add 1.5 cups of ground meat veggie mixture on top of the flesh so you have a stuffed acorn squash. It's ok if some of the filling flows over onto the plate.

## Equipment:

Cookie Sheet  
Foil  
Chef's knife  
Silicon Brush  
Medium sized Spoon  
Large plate  
10 inch cast iron skillet or any large skillet

Nutrition Facts			
Serving Size 1 1.5 cups			
Servings Per Container 1			
Amount Per Serving			
Calories 460		Calories from Fat 99	
		% Daily Values*	
Total Fat 11g		17%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Polyunsaturated Fat 3g			
Monounsaturated Fat 6g			
Cholesterol 0mg		0%	
Potassium 1589mg		45%	
Sodium 794mg		33%	
Total Carbohydrate 79g		26%	
Dietary Fiber 12g		48%	
Sugars 7g			
Protein 18g		36%	
Vitamin A 24% • Vitamin C 109%			
Calcium 14% • Iron 88%			
Vitamin E 24% • Vitamin K 26%			
Thiamin 53% • Riboflavin 38%			
Niacin 51% • Vitamin B6 59%			
Folate 39% • Vitamin B12 11%			
* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g