

Stuffed Acorn Squash



INGREDIENTS:

- 2 medium-sized acorn squash
- 2 tablespoons olive oil, divided
- ½ teaspoon sea salt, divided
- ½ cup quinoa, thoroughly rinsed
- ¼ cup dried cranberries
- ¼ cup pumpkin seeds
- ¼ cup green onion, chopped
- ¼ cup parsley, chopped
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- 1 ½ cups chickpeas, cooked, rinsed, and drained
- ¾ cup Parmesan cheese, grated (optional)
- ½ cup goat cheese or feta, crumbled (optional)

INSTRUCTIONS:

1. Preheat oven to 400 degrees F and line a rimmed baking sheet with parchment paper.
2. Carefully cut squash into halves and scoop out the seeds.
3. Drizzle 1 tablespoon of olive oil and sprinkle ¼ teaspoon of salt over the cut sides of the squash. Rub it in, then place cut side down onto the baking sheet. Bake until you can easily pierce the squash with a fork (about 40 minutes). Leave oven on.
4. While the squash is roasting, cook the quinoa: in a medium saucepan, combine quinoa with 1 cup of water. Bring to a boil over medium-high heat, then reduce to a gentle simmer. Simmer, uncovered, until all of the water is absorbed (about 16 minutes). Remove from heat and add the cranberries. Cover and let stand for 5 minutes. Uncover and fluff with a fork.
5. Meanwhile, in a medium skillet, toast the seeds over medium heat for about 4 minutes, stirring frequently. Set aside.
6. Place the quinoa into a mixing bowl. Add the toasted seeds, green onion, parsley, garlic, lemon juice, remaining salt, and remaining olive oil. Stir. Let it cool slightly, then add chickpeas and the cheeses, if using.
7. Divide the quinoa mixture evenly between the squash halves. Return to the oven and bake for an additional 15 minutes, until the cheese (if using) browns on top.
8. Enjoy!

