



QUINOA STUFFED ACORN SQUASH FOR A SUNDAY

by The Food Next Door - SWELL

Ingredients

Makes 4 servings

- 1 cup dried beans, soaked overnight
- 2 acorn squash, cut in half
- 1 cup dry Colorado quinoa
- 2 cups water
- 1 ear corn, kernels cut along its length
- ½ red onion, diced
- 2 garlic cloves, crushed
- ½ Pueblo Chile, minced
- ¼ cup dried raisins or craisins, finely chopped
- Fresh or dried thyme
- ½ apple, sliced into thin wedges
- Salt and pepper to taste

Directions

Soak beans overnight, drain, rinse and bring to a boil in fresh water. Once boiling reduce to a simmer and cook for 50 minutes or until soft. Preheat the oven to 375F. Bring 2 cups of water to a boil and add quinoa. Reduce heat, cover, and simmer for about 20 minutes or until all water has been absorbed. While quinoa simmers, start cooking the rest of the filling in a large sauté pan. Add olive oil to the pan and sauté onions and pueblo chile. Cut corn kernels off the cob length wise and add to pan. Finally, add garlic and quickly toss for another minute. Add quinoa and beans to pan and mix with sautéed corn, chile, onion, and garlic. Add dried fruit, salt, and pepper. Once your mixture is ready, scoop it into acorn squash, drizzle with olive oil, add fresh or dried herbs and decorate with thin slices of apple. Carefully place your acorn squash in a baking dish or on cookie sheet and bake for 40 minutes or until the squash is soft.

Tip: Rather than discarding your seeds, clean them quickly under running water, then add to baking dish to roast along!

Add-on: If you added meat to your order, you can briefly cook your meat along with the corn and onion mix to provide extra flavors. If you added cheese to your order, sprinkle cheese on top your squash!

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