RECIPE

Quinoa-stuffed acorn squash

A vegan quinoa-stuffed acorn squash for a fall dinner, filled with sage, apple, spinach and walnuts, with about 326 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

1 h 15 min

Ingredients

- [ ] 2 medium acorn squash (about 1½ lb each), halved lengthwise and seeded
- [ ] 2 tbsp olive oil, divided
- [ ] 1 tbsp maple syrup
- [ ] ¾ cup quinoa, rinsed
- [ ] 1 ½ cups water
- [ ] 1 small onion, finely diced
- [ ] ½ tsp garlic powder
- [ ] 1 small apple, cored and diced
- [ ] 4 oz (about 4 packed cups) baby spinach
- [ ] ⅓ cup walnuts, chopped
- [ ] 1 tsp dried sage
- [ ] ½ tsp ground cinnamon
- [ ] 1 tbsp apple cider vinegar
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper

Method

1. Heat the oven to 425 °F. Line a baking sheet with parchment. Brush the cut sides of the squash with 1 tbsp of the oil and the maple syrup. Lay them cut side down and roast 30 minutes.

2. While the squash roasts, rinse the quinoa in a fine strainer under cold water for 30 seconds. Put it in a small pot with the 1½ cups water. Bring to a boil, then cover and simmer on low.

3. At 5,300 ft quinoa takes about a quarter longer than the package says: simmer 18 to 20 minutes, until the water is gone and each grain shows a little white tail. Take it off the heat, keep it covered and let it rest 5 minutes, then fluff with a fork.

4. Heat the other tablespoon of oil in a wide skillet over medium heat. Cook the onion 4 minutes, then add the garlic powder, apple, sage and cinnamon and stir 3 minutes more.

5. Add the spinach in handfuls and stir until it wilts. Off the heat, fold in the quinoa, vinegar, walnuts, salt and pepper. Taste.

6. Turn the squash cut side up. It is ready when a knife slides in with no resistance. Pack the filling into the halves, mounding it high.

7. Return to the 425 °F oven for 10 minutes, until the filling is hot and the walnuts at the top smell toasted. Serve one half each.

8. Cool leftovers within 2 hours, then refrigerate. Reheat to 165 °F, covered, about 15 minutes at 350 °F.