



Roasted Acorn Squash Stuffed with Cheesy Sausage and Quinoa

Adapted from Recipe by Victoria Abbott Riccardi

Serves 4

Ingredients:

2 medium acorn squash, about 3/4 to 1 pound each
1 cup low-sodium chicken broth
1/3 cup quinoa, rinsed
1 1/2 teaspoons toasted sesame oil
4 ounces fresh turkey or chicken sausage, casing removed
1 teaspoon ground cumin
1/2 teaspoon coarse salt
1/2 cup chopped red onion
1/2 cup chopped red bell pepper
3 garlic cloves, minced
2 1/2 tablespoons minced fresh ginger
3 ounces Gouda, shredded (about 3/4 cup)

Directions:

- Preheat the oven to 375 degrees .
- Cut squash in half horizontally and remove seeds; wipe grapeseed or coconut oil around the surface of the flesh; place cut side down in a parchment paper-lined baking pan. Bake 30-45 minutes, or until a sharp knife easily pierces squash.
- Meanwhile, bring broth to a boil in a medium saucepan. Add quinoa and simmer, partially covered, over medium-low heat 15 minutes. Turn off heat and cover pot.
- Heat oil in a large nonstick skillet over medium heat. Add sausage, cumin and salt. Saute 4 minutes, breaking up meat with a spoon. Add onion, bell pepper, garlic and ginger. Cook 2 minutes; stir in quinoa.
- Transfer squash halves to a dry baking dish, cut side up. Pack each with an even amount of filling and bake 20 minutes. Press shredded cheese into each filled half and bake 5 minutes more, or until cheese has just melted.