

# Quinoa Chickpea Stuffed Squash

8 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat your oven to 400°F (204°C).
2. Cut the acorn squash in half and remove the seeds. Place flesh side down on a baking sheet lined with parchment paper and bake for 25 to 30 minutes.
3. While the squash is cooking, cook the quinoa according to the directions on the package.
4. When the quinoa is done, fluff with a fork, add the spinach and cover with a lid allowing it to wilt. Once the spinach has wilted, add the lemon juice, extra virgin olive oil, sea salt and chickpeas. Mix well.
5. Remove the squash from the oven and fill with the quinoa mixture and top with feta cheese. Serve and enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to 3 days.

### Likes it Spicy

Add hot sauce or chili flakes.

### Dairy-Free

Omit the cheese and use sea salt to taste.

### No Acorn Squash

Use a different type of squash like butternut or spaghetti.

## Ingredients

- 2 Acorn Squash (medium)
- 3/4 cup Quinoa (dry, uncooked)
- 2 cups Baby Spinach (packed)
- 2 tbsps Lemon Juice
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1 1/2 cups Chickpeas (cooked, from the can)
- 1/2 cup Feta Cheese (crumbled)

## Nutrition

Amount per serving

<b>Calories</b>	419	Vitamin C	32mg
<b>Fat</b>	15g	Calcium	224mg
Saturated	4g	Iron	5mg
<b>Carbs</b>	62g	Vitamin D	3IU
Fiber	10g	Vitamin B6	0.7mg
Sugar	3g	Folate	238µg
<b>Protein</b>	15g	Vitamin B12	0.3µg
Cholesterol	17mg	Magnesium	177mg
Sodium	385mg	Zinc	3mg
Potassium	1209mg	Selenium	9µg
Vitamin A	2298IU		