

Sausage & Quinoa Stuffed Acorn Squash

12 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Slice the tips off of your acorn squash so that it will sit flat. Then cut the squash in half and carve out the seeds. Brush the inside of each squash with olive oil. Then brush the inside of each squash with honey. Sprinkle each squash with cinnamon. Place the squash on a baking sheet, flesh side up and pop them in the oven. Roast for 30 minutes or until tender when pierced with a fork.
3. Meanwhile, cook your quinoa by combining quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until water is absorbed. Remove lid, fluff with a fork and set aside.
4. Heat your remaining olive oil in a skillet over medium heat. Remove the casing from the sausage and add the meat to the skillet. Add the onions and saute until sausage is cooked through. Add the minced garlic and saute for another minute. Add spinach, rosemary and nutmeg. Saute just until spinach is wilted. Remove from heat then stir in the quinoa. Mix well.
5. Remove the squash from the oven and stuff each half with your quinoa sausage mix. Plate and serve!

Notes

Vegan and Budget-Friendly

Skip the sausage and use 1 can of chickpeas, lentils or beans instead.

Storage

Store covered in the fridge for up to 3 days.

Prep Ahead

Prepare your acorn squash, quinoa, onions and garlic ahead of time. When ready to eat, roast acorn squash and finish the remaining assembly.

Ingredients

- 2 Acorn Squash (trimmed and sliced in half)
- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 1 **tbsp** Raw Honey
- 1 **tsp** Cinnamon
- 1 **cup** Quinoa (uncooked)
- 1 **1/2 cups** Water
- 10 **ozs** Chicken Sausage (no sugar added)
- 1 Yellow Onion
- 1 Garlic (clove, minced)
- 4 **cups** Baby Spinach
- 1 **tbsp** Rosemary
- 1/2 **tsp** Nutmeg (ground)

Nutrition

Amount per serving

Calories	493	Vitamin C	32mg
Fat	20g	Calcium	220mg
Saturated	5g	Iron	9mg
Carbs	65g	Vitamin D	0IU
Fiber	8g	Vitamin B6	0.8mg
Sugar	8g	Folate	178µg
Protein	19g	Vitamin B12	1.1µg
Cholesterol	85mg	Magnesium	190mg
Sodium	769mg	Zinc	4mg

Potassium	1379mg	Selenium	19µg
Vitamin A	3625IU		