

# Recipe Card

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## ***Stuffed Acorn Squash with Quinoa and Pistachios***

This recipe, from Whole Living (wholeliving.com) contains quinoa, which is a complete protein, so it fills you up without meat.

### **Ingredients**

4 small acorn squash, halved and seeds removed  
4 tablespoons extra-virgin olive oil  
Coarse salt and freshly ground pepper  
1 cup quinoa, rinsed  
1/2 cup chopped fresh parsley  
1/2 cup feta, crumbled  
1/2 cup roasted, salted pistachios, chopped  
2 teaspoons red-wine vinegar  
Pinch red-pepper flakes

1. Heat oven to 425 degrees.
2. Brush squash with 2 tablespoons oil and season with salt and pepper.
3. Roast cut side down on two baking sheets until tender and caramelized, 15 to 20 minutes.
4. Meanwhile, bring quinoa and 2 cups water to a boil in a small pot. Reduce heat and simmer, covered, until tender and water is absorbed, about 15 minutes. Let cool, then fluff with a fork.
5. In a large bowl, combine quinoa, parsley, feta, pistachios, remaining 2 tablespoons oil, and vinegar. Season with salt and red-pepper flakes.
6. Divide filling among squash.

Makes 8 servings with 300 calories, 14 g fat, 173 mg sodium, 40 g carbs, 5 g fiber, and 8 g protein.