

Vegan Quinoa-Cranberry Stuffed Acorn Squash

Vegan, gluten and refined sugar-free, soy free, and low glycemic

Ingredients:

- 2 medium acorn squash
- 3 tablespoons apple cider vinegar
- 3 tablespoons olive oil
- 2 tablespoons pure maple syrup
- Kosher salt and freshly ground black pepper
- 1 small onion, chopped
- 1 cup red quinoa, rinsed well
- 1 teaspoon mild curry powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 cup dried cranberries
- 1 cup loosely packed fresh parsley leaves, chopped
- 1/4 cup roasted, salted and shelled pistachios, coarsely chopped

DIRECTIONS

1. Preheat the oven to 400 degrees; and place the oven rack in the middle
2. Cut squashes in half-length wise, discarding seeds and place face up on the baking sheet
3. Whisk together maple syrup, 2 tablespoons of the olive oil and vinegar. Brush the inside of the squash with this maple mixture and sprinkle with salt and pepper (leave a small amount to add to quinoa once cooked). Turn squashes face down on the baking sheet and roast until tender, approx. 50-60 minutes.
4. While the squash cooks, heat 1 tablespoon of olive oil over medium heat, add onions and cook until golden brown, stirring occasionally approx. 6 minutes. Add quinoa, curry powder and cinnamon and 1 teaspoon of salt. Stir together until the spices are toasted.
5. Add 2 cups of water and bring to a simmer. Lower heat, cover the pan and simmer, stirring occasionally until the quinoa is tender and most of the water is absorbed, approx. 20-25 minutes.
6. Remove from heat and let sit for 5 minutes. Uncover and stir in the cranberries, remaining maple mixture, half the parsley and half the pistachios.



7. Once the squash halves are roasted, remove from the oven and add quinoa – remaining parsley and pistachios