

Stuffed Acorn Squash



Ingredients

- 2 acorn squash
- 2 tablespoons olive oil for the squash
- Kosher salt and pepper
- 2 cups cooked (but still warm) quinoa (follow directions on package)
- 2 small apples, peeled and diced
- ½ cup dried fruit, cut small if needed (cranberries, cherries, apricots, dates, raisins *whatever you like)
- 2 tablespoons olive oil for the quinoa
- 2 cups arugula
- 1 cup goat cheese, crumbled
- 2 tablespoons balsamic vinegar

Steps

1. Preheat oven to 400°F. Halve and core the acorn squash removing the seeds and the stringy membrane. Spray or brush the flesh of the squash with olive oil and sprinkle salt and pepper onto each half. Put squash face down in a large baking dish and roast for about 30 minutes or until the squash feels soft. Remove and let cool.
2. When quinoa is done cooking but still in the pot add the dried fruit and put the lid back on. This will help hydrate the dried fruit and plump it up a bit. Season the quinoa with salt and pepper to taste (start with half teaspoon salt and ¼ teaspoon pepper).
3. Transfer the quinoa to a large bowl and mix in the apples. Add the olive oil and stir.
4. Transfer the squash to a large serving platter and put arugula into the cavity of each half. Next, add the quinoa mixture (equally divide between the four squash pieces). Top with crumbled goat cheese and drizzle the tops with balsamic vinegar. Serve at room temperature.