Dinner, American

Roasted Acorn Squash with Cauliflower Rice Stuffing

Golden roasted acorn squash halves hold a warm skillet filling of cauliflower rice, aromatic vegetables, and herbs. A cozy, satisfying dish to serve four.



Vegan | Gluten free | Dairy free

130 min	190	25 g	3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 whole acorn squash (halved and seeds removed)
- [ ] 3 tsp olive oil (divided)
- [ ] 1/2 tsp kosher salt
- [ ] 1/2 tsp black pepper
- [ ] 1 small yellow onion (finely chopped)
- [ ] 2 clove garlic (minced)
- [ ] 2 stalks celery (finely chopped)
- [ ] 2 cup frozen cauliflower rice
- [ ] 1 cup baby spinach (chopped)
- [ ] 1/4 cup walnuts (chopped)
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried sage

Method

- [ ] **1** Heat the oven to 375 degrees F.
- [ ] **2** Set the acorn squash halves cut side up on a baking sheet, drizzle with 2 tsp of the olive oil, and season with 1/4 tsp of the kosher salt and the black pepper.
- [ ] **3** Roast for 45 minutes to 1 hour, until the flesh is fork-tender.
- [ ] **4** While the squash roasts, warm the remaining 1 tsp olive oil in a large skillet over medium heat.
- [ ] **5** Cook the yellow onion until softened, about 3 to 4 minutes, then stir in the garlic and cook 1 to 2 minutes more until fragrant.
- [ ] **6** Add the celery and cook another 3 to 4 minutes until it begins to soften.
- [ ] **7** Tip in the cauliflower rice, baby spinach, walnuts, dried thyme, dried sage, and the remaining 1/4 tsp kosher salt. Stir well and cook 5 minutes so the flavors come together.
- [ ] **8** Spoon the filling into each roasted squash half.

Nutrition Facts

Per serving

Calories	190
Total fat	9 g
Saturated fat	1.5 g
Sodium	290 mg
Total carbs	25 g
Fiber	5 g
Total sugars	3 g
Protein	5 g

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