



STUFFED ACORN SQUASH

60 MINUTES

MAKES 2 SERVINGS

Roasted, golden acorn squash stuffed with aromatic quinoa, feta cheese, cranberries and papitas, finished with a bright kick of dressed Micro Arugula.

INSTRUCTIONS

Preheat oven to 425°F.

Place squash on lined baking sheet, rub with olive oil on both sides and sprinkle with salt and pepper. Place cut side down and roast for 30-40 minutes, until soft to the touch. Set aside.

Meanwhile, in a medium pot, bring quinoa, drizzle of olive oil, turmeric, stock and salt to a boil, reduce heat immediately to low and allow to simmer with lid closed for 8-12 minutes, until water is fully absorbed.

Remove from heat and let sit 3 minutes, fluff with fork and allow to cool slightly, toss with remaining ingredients, add extra olive oil if desired, stuff into centre of squash (where seeds were removed).

For Salad: Toss Micro Arugula with remaining ingredients and top squash. Serve immediately.

Enjoy!

INGREDIENTS

Base:

1 Acorn Squash, halved, seeds removed

Olive Oil

Salt and Pepper, to taste

Salad:

1 Cup of Goodleaf Micro Arugula

Olive Oil

Salt and Pepper, to taste

Juice of Half a Lemon

Filling:

½ Cup of Quinoa (uncooked)

Olive Oil

Salt and Pepper, to taste

¼ tsp of Turmeric

¼ Cup of Pumpkin Seeds, roasted, unsalted

¼ Cup of Dried Cranberries, unsweetened

1 Shallot, finely diced

Zest and Juice of 1 Orange

¼ tsp of Sweet Paprika

1 Pinch of Cinnamon

1 Pinch of Cumin

1 Pinch of Dried Ginger

Salt and Pepper, to taste



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