

## Plant Powered Recipe

# Stuffed Squash



Ready in 20 minutes

Serves: 2-4 servings

### Mix & Match recipe

Choose 1 or more of the following from each row to design a custom meal.

Squash	Butternut, acorn, delicata, sweet potato
Whole grain	Farro, quinoa, bulgur, kasha, brown rice
Beans/lentils	Navy, kidney, chickpeas, lentils
Dried fruit	Apricots, cherries, dates, raisins
Nuts/seeds	Pepitas, sunflower, pecans, almonds, walnuts
Baby greens	Spinach, arugula, mixed baby greens

### Tips

Take advantage of precooked grains or lentils, canned beans, or frozen spinach to save time and energy.

Consider batch cooking whole grains to repurpose in this recipe.

### Ingredients

- 1 squash, scrubbed clean
- 1 tsp. olive oil
- 1 small onion or shallot, chopped
- 1-2 cloves garlic, minced
- Salt and pepper
- 1 cup whole grain, cooked and cooled
- 1 cup beans, cooked or drained and rinsed from canned
- 1 Tbsp. unsweetened dried fruit, chopped
- 1 Tbsp. nuts or seeds, coarsely chopped
- 2 cups baby greens
- 4Tbsp. Hummus, ½ lemon, juiced

### Preparation

1. Prepare squash by pricking with a fork or knife. Place in microwave for 8 minutes, rotating halfway. Remove and let rest to cool. It will be hot to touch!
2. Meanwhile, heat olive oil in skillet and heat onions with a pinch of salt. Sauté until translucent about 5 minutes.
3. Add garlic and cook additional 2 minutes.
4. Add fresh greens and cook until wilted. Add in cooked quinoa, beans, chopped dried fruit and cook through.
5. Remove from heat. Stir in nuts/seeds.
6. Slice squash in half, scoop out and reserve seeds to roast.
7. Place whole grain, bean, veggie mix into squash boat.
8. Whisk 4 Tbsp. hummus with juice of ½ lemon. Thin with water if necessary. Drizzle on top of squash boat.