

Loaded Acorn Squash

SERVINGS
4

PREP TIME
15 MIN

COOK TIME
45 MIN

TOTAL TIME
60 MIN

Naturally sweet oven roasted acorn squash filled with a flavorful and nutritious stuffing of lentils, wild rice, and vegetables then finished with a walnut cranberry twist



ORGANIZING
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Ingredients

Directions

1

- Olive Oil
- 1 Medium Onion
- 2 Ribs Celery
- 15 (+/-) Baby Carrots

PREPARE STUFFING

- Drizzle oil in large skillet over medium heat.
- Dice onion and add to pan.
- Dice celery into small pieces and add to pan. Mix well.
- Cut carrots into small coins and add to pan. Mix well and cook until vegetables begin to soften (about 4-5 minutes), stirring often.

2

- 1 T Italian Seasoning
- 1 T Nutritional Yeast
- 1 tsp EACH Garlic Powder, Dried Sage, Thyme, Nutmeg, Salt, Pepper

- Add all seasonings to mixture and mix well. Cook about 2 minutes to incorporate, stirring occasionally.

3

- 1 Quart (32 oz) Box Vegetable Broth
- 1 Cup Dried Whole Green Lentils
- ½ Cup Wild Rice Blend

- Add broth, lentils, and rice to mixture and mix well to fully combine.
- Bring mixture to a boil, then cover and reduce to simmer.
- Cook about 40-45 minutes until lentils are tender and stir occasionally. *This may take more or less time, be flexible & check often beginning about 35 minutes.*

4

- Olive Oil
- 2 Acorn Squash
- Sprinkle of Salt & Pepper

PREPARE ACORN SQUASH

- Preheat Oven to 400°.
- Wash the outside of the squash.
- Cut each squash in half and scoop out the the strands and seeds (and toss).
- Drizzle a small amount of oil inside the squash and with hands or a brush spread it around entire orange flesh.
- Sprinkle with salt and pepper and place orange flesh side down on parchment lined baking sheet.
- Cook for about 40 minutes, checking for desired tenderness at 35 min.

5

- ½ Cup Walnuts
 - ½ Cup Dried Cranberries
- Optional:
- Handful Fresh Parsley

AFTER LENTILS ARE COOKED TO DESIRED TENDERNESS

- **Taste mixture & adjust spices as desired** (*likely need more salt & pepper*).
- Rough chop walnuts. Add walnuts and cranberries to mixture and mix well to incorporate. Heat through another 5 minutes.
- **TO SERVE:** Spoon stuffing mixture into squash and sprinkle with optional parsley for color.