

Vegan Stuffed Acorn Squash

SERVINGS
6

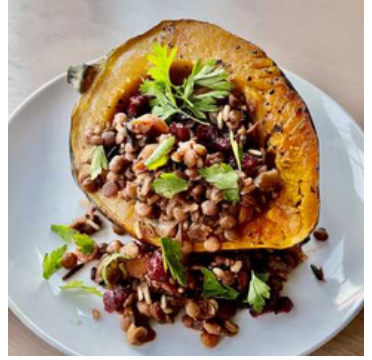
PREP TIME
15 MIN

COOK TIME
60 MIN

TOTAL TIME
1 HR 15 MIN

Naturally sweet oven roasted acorn squash filled with a flavorful and nutritious stuffing of lentils, wild rice, and fresh aromatic 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 olive oil into a large skillet over medium heat.
- Dice the onion, celery, and carrots, then add them to the pan.
- Cook for about 10 minutes, stirring frequently, until the vegetables begin to soften.

2

- 1 T Italian Seasoning
- 1 T Nutritional Yeast
- 1 tsp EACH Garlic Powder, Dried Sage, Thyme, Nutmeg, Salt
- ½ tsp Pepper

- Add all seasonings to the pan. Stir well and cook for about 2 minutes to let the flavors blend.

3

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

- Pour in the vegetable broth and stir to combine. Bring the mixture to a boil.
- Add the lentils and wild rice blend, stirring well. Cover, reduce heat to low, and let simmer for 45–50 minutes, stirring occasionally, until the lentils are tender. *Start checking around 40 minutes and adjust as needed, cooking time may vary slightly.*

4

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

PREPARE ACORN SQUASH

- Preheat the oven to 400°F.
- Wash the outside of each squash to remove any dirt.
- Cut each squash in half and scoop out the seeds & stringy center, discard.
- Drizzle a small amount of olive oil inside each squash half. Use your hands or a brush to spread the oil evenly over the orange flesh.
- Sprinkle lightly with salt and pepper. Place the squash halves cut side down on a parchment-lined baking sheet.
- Roast for about 40 minutes, checking for tenderness at 35 minutes. The squash should be easily pierced with a fork but still hold its shape.

5

- ½ Cup Walnuts
 - ⅓ Cup Dried Cranberries
- Optional:
- Handful Fresh Parsley

AFTER LENTILS ARE COOKED TO DESIRED TENDERNESS

- Taste the lentil and rice mixture and adjust the seasoning as needed.
- Roughly chop the walnuts, then add them along with the dried cranberries to the mixture. Stir well to combine and heat through for another 5 minutes.
- To serve, spoon the stuffing into the roasted acorn squash halves. Sprinkle with fresh parsley, if desired, for a pop of color.