Stuffed Butternut Squash

Ingredients:

2 medium butternut squash, about 2 1/2 lbs each
2 teaspoons olive oil, divided
3/4 cup quinoa
1 1/2 cups low sodium vegetable or chicken broth
1 bunch kale, stems removed
2 garlic cloves, minced
1 teaspoon dried oregano
1/4 teaspoon salt
1/2 teaspoon black pepper
1 15 oz. can of low sodium chickpeas, rinsed and drained
1 teaspoon orange juice
1/3 cup dried cranberries
Grated parmesan or feta cheese (optional)

Nutrition Facts

Serving Size 1/2 of stuffed half (372g)
Servings Per Container 8

Amount Per Serving	
Calories 250	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 80mg	**3%**
Total Carbohydrate 52g	**17%**
Dietary Fiber 8g	**32%**
Sugars 9g	
Protein 9g	

Vitamin A 500% • Vitamin C 90%
Calcium 20% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Place rack in the center of the oven and preheat to 425˚F. Halve the squash, scoop out the seeds, then arrange the halves on a baking tray, cut sides up. Drizzle with 1 teaspoon olive oil and sprinkle lightly with salt and pepper. Bake 45–50 minutes, until the squash is fork tender. Remove from oven and let cool. Reduce the oven to 375˚F.
2. While the squash is baking, place the broth in a small saucepan and bring to a boil. Add the quinoa, return to a boil, reduce heat, and let simmer for 12 minutes, until most of the broth is absorbed. Remove from the heat and let sit covered for 15 minutes. Fluff with a fork, then set aside.
3. In a large skillet, heat the remaining 1 teaspoon olive oil over medium heat. Add the kale and cook until wilted, about 4 minutes, then reduce heat to medium-low. Add garlic, oregano, salt, and pepper. Cook 30 seconds, until fragrant. Stir in the chickpeas, orange juice, quinoa, and cranberries.
4. Once the squash is cool, scoop out the flesh, leaving 1/2-inch thick border around the sides and 3/4 inch border along the bottom. Reserve the flesh for another use or mix in with stuffing. Stuff the filling into the squash halves and return to oven. Bake until hot, about 10 minutes. Serve warm.

For more information, please contact:
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