

Whole Foods Recipe: Stuffed Winter Squash

Written by Arizona Foothills Magazine

Learn how to make delicious Winter Squash stuffed with Lentil Pilaf, courtesy of Whole Foods!



Take a shortcut and use boxed pilaf mix to make a tasty filling for acorn squash.

Serves 1:

Ingredients

- 1 small (1-pound) acorn or delicata squash, halved, seeds scooped out
- 1 teaspoon extra-virgin olive oil
- 1 box 365 Everyday Value® Organic Rice & Lentil Pilaf
- 2 tablespoons chopped dried cranberries
- 2 tablespoons chopped pecans

Method

Heat oven to 400°F. Brush squash halves all over with oil. Bake on a baking sheet until very tender, about 40 minutes. (Or, microwave squash until tender, 5 to 6 minutes, turning halves frequently and letting them rest 5 minutes after cooking.) Meanwhile, prepare pilaf according to package directions. When cooked, remove half (about 1 1/4 cups) and set aside for another meal. Toss remaining pilaf with cranberries and pecans. Spoon pilaf into squash halves.

Nutrition

Per serving (about 19oz/551g-wt.): 770 calories (270 from fat), 30g total fat, 3.5g saturated fat, 0mg cholesterol, 960mg sodium, 122g total carbohydrate (15g dietary fiber, 22g sugar), 15g protein