



FALL DELIGHT: ROASTED ACORN SQUASH WITH FLAVORFUL FALL PRODUCE STUFFING

Prep Time: 15 minutes

Cook Time: 45 minutes

Yield: 4 acorn squash halves with filling

Serving Size: 1/2 stuffed acorn squash

Ingredients

- 2 Acorn Squash, halved and de-seeded
- 2 tablespoons olive oil, divided
- 1 shallot, minced
- 1/4 cup fresh chopped herbs (use half the amount if using dried herbs)
- Chopped sage and thyme leaves will evoke the classic Thanksgiving dressing.
- Including 2 tsp. chopped fennel seeds will create more of an Italian sausage flavor (optional).
- For spice, 1/2 teaspoon red pepper flakes (optional)
- 1 large apple, chopped into small pieces (cooking apple varieties like Golden Delicious, Granny Smith would both work well)
- 4 cups Dinosaur/Tuscan kale, stems removed and torn into small pieces
- 1/3 cup dried cranberries
- 1/3 cup chopped pecans
- 1 tablespoon apple cider vinegar
- salt and pepper to taste

Directions

1. Preheat the oven to 425 degrees Fahrenheit.
2. Prepare your baking sheet by lining it with parchment paper for easy clean-up.
3. Before you begin cooking, it's a good practice to gather and prepare your ingredients. Dice the apple, de-stem and tear the kale if you're starting with whole leaves, and prepare your herb-and-spice mixture.
4. Cut the acorn squash in half, lengthwise. Use a spoon to remove the seeds and stringy pieces in the center. Brush the inside of the halved cleaned acorn squash with about 1 tablespoon of olive oil. Place on the baking sheet cut side up.
5. There's no need to peel the squash before cooking. The skin is fine to consume. The cooked squash will also pull away from the skin easily if you prefer not to eat it.
6. Place the baking sheet on the center rack of the oven and roast for 30 minutes. Check and continue roasting for another 15-20 minutes or until caramelized and easily pierced through by a fork.
7. Baking time will depend on the size of your squash, but probably no longer than 1 hour total.
8. While the acorn squash roasts, prepare the stuffing. Heat a large skillet over medium heat. Pour the remaining tablespoon of olive oil into the pan. When the oil shimmers, add the shallots and sauté, stirring for 3 minutes.
9. Add the torn kale, chopped apple, fresh herb and spice mix. Cover and allow the kale to cook down for about 5 minutes, stirring occasionally. Season with salt and pepper to taste.
10. Add the dried cranberries, chopped pecans, and vinegar and stir frequently for 1-2 minutes, allowing the nuts to toast. Watch the mixture closely at this point - nuts will toast and start to burn quickly.
11. Carefully transfer the stuffing mixture into each acorn squash half. Serve warm.

Nutrition Facts	
4 servings per container	
Serving size 1 serving (367g)	
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 45g	16%
Dietary Fiber 9g	32%
Total Sugars 14g	
Protein 6g	
Vit. D 0mcg 0%	• Calcium 193mg 15%
Iron 3mg 20%	• Potas. 1210mg 25%

*If using this recipe in your personalized ATNG meal plan, 1 serving=3 starches/fruit and 2 fat servings.