

# Quinoa Stuffed Acorn Squash

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 2 acorn squash, cut in half, seeds removed
- 1 tbsp coconut oil
- 1/2 red onion finely chopped
- 1 cup dino kale chopped
- 1.5 cups cooked quinoa
- Handful fresh parsley chopped
- 1 tbsp currants
- 1/4 cup pecans
- 1/2 tsp ground cinnamon
- 1/4 tsp ground allspice
- 1 tbsp extra virgin olive oil
- Sea salt and pepper to taste

## Instructions:

1. Preheat oven to 400F degrees. Cut the squash in half and scoop out the seeds. Place on greased or parchment lined baking sheet FLESH SIDE DOWN. Bake for 45-50 minutes or until the squash is fork tender.
2. Meanwhile, melt coconut oil on a pan and sautee onions until tender. Add kale and cook for only 1-2 minutes. Remove from heat.
3. In a large bowl, combine the cooked quinoa, sauteed onions and kale, fresh parsley, currants, pecans and spices. Drizzle with olive oil and season with salt and pepper as you like.
4. Once squash is ready, remove from the oven and scoop warm quinoa stuffing into each half. You may have a little leftover, so have a spoon ready to enjoy it!
5. Serve immediately while it's still warm.

## Notes:

SERVES 2-4