

# Roasted Winter Squash

Servings: 2

RECIPE BOX

## INGREDIENTS

2 MEDIUM ACORN SQUASH  
1/2 CUP WILD RICE MEDLEY  
1 CUP LOW SODIUM VEGETABLE BROTH  
1/2 MEDIUM RED ONION, FINELY  
CHOPPED  
1 TSP GARLIC POWDER  
1 TSP GROUND GINGER  
1 1/2 TSP DRIED ROSEMARY  
1/2 CUP FINELY CHOPPED CARROT  
1/2 CUP FINELY CHOPPED RED BELL  
PEPPER  
1/2 CUP SMALL BROCCOLI FLORETS  
1/2 CUP SMALL CAULIFLOWER FLORETS  
3 TBSP PINE NUTS



**STEP 1:** Cut each acorn squash in half through the stem. Remove and discard seeds. Bring a large pot of water to boil, add the halves and cook until soft (approx. 15-20 minutes).

**STEP 2:** Bring 1 ½ cups of water in a separate small saucepan. Add wild rice medley, cover, and cook over medium heat for 25 minutes. Remove from heat and set aside.

**STEP 3:** Use a spoon to scoop out the inner edges of each cooled squash half to create a wider and deeper hollow (for stuffing). Set aside reserved squash flesh aside. Preheat oven to 350F.

**STEP 4:** In a skillet, combine vegetable broth, onion, garlic powder, ginger, and rosemary. Cover and bring to a boil over high heat. Reduce heat to medium and cook until the onion is translucent (about 10 minutes). Add carrot, cover and cook for 10 minutes. Add bell pepper, broccoli, cauliflower, black pepper, and salt to taste. Cook until vegetables are tender.

**STEP 5:** Add the reserved squash flesh and wild rice, mix together. Taste and adjust seasoning or add broth if needed.

**STEP 6:** Arrange acorn squash on baking sheet and divide stuffing mix evenly. Sprinkle pine nuts on top. Bake until tops are brown (approximately 20 minutes).

**GF** This recipe is gluten free as written.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 363, Total Fat 9.8g, Carbs 68g, Protein 10g, Fiber 11g, Sugars 6g.

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