

# Quinoa Stuffed Acorn Squash

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/acorn-squash-and-swiss-chard-recipe>

## Ingredients:

- 1 acorn squash
- 2 teaspoons olive oil plus more for brushing on squash and oiling pan
- 1/2 cup quinoa uncooked, I used half red, half white quinoa
- 1 cup yellow onion finely chopped, about 1 medium
- 3 cups Swiss chard lightly packed chopped
- 1 tablespoon fresh oregano
- 1/4 cup toasted hazelnuts chopped
- 1/2 cup roasted pumpkin seeds
- 1/4 cup dried tart cherries chopped
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- chopped hazelnuts optional
- oregano optional
- salt
- pepper

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 36 grams
3. Fat: 12 grams
4. Fiber: 8 grams
5. Protein: 11 grams
6. SaturatedFat: 2 grams
7. Sodium: 410 milligrams
8. Sugar: 3 grams

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