

Quinoa Stuffed Squash

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-vegan-thanksgiving-main-dish-recipe>

Ingredients:

- 3 acorn medium, or carnival squash, halved down the middle and seeds removed
- 4 teaspoons olive oil divided
- 1 teaspoon sea salt divided
- 1 teaspoon black pepper divided
- 1 cup quinoa rinsed
- 2 cups vegetable broth or water
- 1 onion diced
- 2 cloves garlic minced
- 1 cup celery diced
- 1/2 teaspoon basil
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 6 ounces baby spinach chopped
- 14 ounces chickpeas
- 1/4 cup pecans chopped
- 1/4 cup dried cranberries

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 40 grams
3. Fat: 10 grams
4. Fiber: 7 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 950 milligrams
8. Sugar: 3 grams

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