

Harvest Stuffed Acorn Squash

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stuffed-acorn-squash-recipe>

Ingredients:

- 1/2 cup yellow onion chopped
- 2 cloves garlic minced
- 3 tablespoons extra-virgin olive oil divided
- 2 cups cooked rice barley or quinoa
- 2/3 cup dried cranberries soaked in hot water and drained
- 2/3 cup sweet potato chopped, or carrot, steamed until just tender
- 1/2 cup apple grated
- 1/2 cup walnut pieces
- 2 tablespoons fresh flat leaf parsley chopped
- 1 teaspoon dried sage
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 3 acorn squash halved, seeds removed
- 1 cup low sodium vegetable stock

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 33 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 210 milligrams
8. Sugar: 5 grams

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