

# Vegan Stuffed Acorn Squash

Yield: 4 min  
Total Time: 90 min

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

## Ingredients:

- 2 tablespoons olive oil
- 3 acorn squash large, or 5 small, cut in half and seeds removed
- salt
- pepper
- 1 tablespoon olive oil
- 1 medium onion chopped
- 3 stalks celery  $\frac{3}{4}$  cup, chopped
- 1 apple large, peeled and cut into small cubes
- 2 cloves garlic minced
- 2  $\frac{1}{2}$  cups cooked quinoa from 1 cup uncooked quinoa
- $\frac{3}{4}$  cup dried cranberries
- $\frac{1}{2}$  cup pecans coarsely chopped
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{4}$  cup fresh parsley, chopped plus more as garnish
- 1 handful pomegranate arils as garnish, optional

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 93 grams
3. Fat: 30 grams
4. Fiber: 18 grams
5. Protein: 12 grams
6. SaturatedFat: 3 grams
7. Sodium: 930 milligrams
8. Sugar: 17 grams

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