

Roasted Stuffed Honeynut Squash

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-epicure-turkish-stuffed-squash-recipe>

Ingredients:

- 4 squashes honeynut
- 2 tablespoons olive oil divided
- 1 medium yellow onion diced
- 2 cloves garlic minced
- 2 kale packed cups, shredded
- 2 cups cooked quinoa see recipe below
- 1 1/2 cups chickpeas cooked, or one 15-ounce can, rinsed and drained
- 1/4 cup raisins
- salt
- pepper
- 1 cup quinoa
- 2 1/4 cups water or vegetable broth
- 1 dash salt

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 82 grams
3. Fat: 12 grams
4. Fiber: 12 grams
5. Protein: 15 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 470 milligrams
8. Sugar: 8 grams

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