

Vegetarian Stuffed Acorn Squash

Yield: 2 min
Total Time: 100 min

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

Ingredients:

- 1 acorn squash large
- 2/3 cup cooked brown rice preferably made with vegetable broth instead of water
- 2/3 cup crumbles soy meat
- 1/4 cup tomato paste
- 1/4 cup dried cherries
- 2/3 cup jack cheese grated
- 1 teaspoon dried oregano
- salt
- pepper
- fresh parsley for garnish, optional
- olive oil for drizzling

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 35 milligrams
4. Fat: 24 grams
5. Fiber: 11 grams
6. Protein: 23 grams
7. SaturatedFat: 9 grams
8. Sodium: 1050 milligrams
9. Sugar: 5 grams

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