

# Recipe

## Featured Recipe

### THANKSGIVING Cranberry Pecan Quinoa Stuffed Acorn Squash

4 Servings



#### INGREDIENTS

*For the acorn squash:*

- 2 medium acorn squash, cut in half and seeds removed
- 4 teaspoons virgin melted coconut oil (or sub melted butter)
- 2 tablespoons brown sugar (or coconut sugar)
- Cinnamon

*For the quinoa:*

- ½ cup uncooked quinoa
- 1 ¼ cups water
- 2 sprigs of fresh thyme leaves
- 1 teaspoon virgin coconut oil
- ½ cup freshly squeezed orange juice
- ½ teaspoon honey
- ¼ teaspoon turmeric
- ¼ teaspoon salt
- ⅓ cup dried cranberries
- ½ cup pecan halves, chopped

#### NUTRITION

**Per serving (1 squash half):** Each serving contains about 393 calories, 5g protein, 58.7g carbohydrates, 17g fat (7.4g sat), 9.8g fiber, 7.8g protein, 17.5g sugar

#### DIRECTIONS

1. Preheat oven to 350 ° F. Line a large baking sheet with parchment paper.
2. Add 1 teaspoon of coconut oil and ½ tablespoon brown or coconut sugar to each squash half; use your hands to rub into the flesh of the squash, even on the top (but not on the skin). Sprinkle each squash half with a little bit of cinnamon. Place flesh side down on baking sheet and roast in the oven for 45 minutes to 1 hour or until squash is just fork tender.
3. While the squash roasts, you can make the quinoa. Add quinoa, water and thyme sprigs to a large pot and place over medium high heat. Bring to a boil, then cover, reduce heat to low and cook for exactly 15 minutes. After 15 minutes, remove from heat and fluff quinoa with a fork. Remove thyme sprigs from quinoa and discard.
4. Next stir in coconut oil, orange juice, honey, turmeric and salt and stir to combine. Fold in dried cranberries and chopped pecans.
5. Once acorn squash is done roasting, evenly stuff each squash with quinoa. Bake for an additional 10 minutes.

Source:

<https://www.ambitiouskitchen.com/cranberry-pecan-quinoa-stuffed-acorn-squash/>

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