

STUFFED ACORN SQUASH

MAKES: 4 servings (1/4 acorn squash)

INGREDIENTS

- 1 acorn squash, cut in half
- 1 onion, diced
- 2/3 cup cooked black beans*
- 2/3 cup cooked brown rice**
- 1 Tablespoon olive oil
- 1 teaspoon thyme
- 1/4 teaspoon salt (or to taste)
- 1/4 teaspoon pepper (or to taste)
- **Optional:** red pepper flakes, garlic, or sage

*Instead of black beans, try great northern beans or cannellini beans. **Also, try quinoa or millet instead of brown rice.

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DIRECTIONS

Preheat oven to 400°F. Cut the acorn squash in half. Then scoop out and discard the seeds. Place the squash cut side down in a casserole dish. Roast for about 30 minutes or until you can poke the skin with a fork.

While the squash is cooking, heat 1 tablespoon of olive oil over medium high heat. Then cook the onion for about 5 minutes or until tender. Turn add the beans, cooked rice, thyme, salt and pepper. Mix well and cook for about 1 minute. Flip the squash halves over in the casserole dish and divide the “stuffing” between the two squash halves. Cover the dish with aluminum foil and bake in the oven for about 15 minutes. Then serve warm.

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