



Mini Stuffed Jack-O-Lanterns or Halloweegan Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black to taste
- ☐ 1 tbsp parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 0.5 cup mushrooms chopped
- ☐ 2 tablespoons nutritional yeast
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.5 cup quinoa uncooked
- ☐ 0.3 tsp salt
- ☐ 1 cup vegetable broth
- ☐ 2 gold acorn squashes for other options (see below)

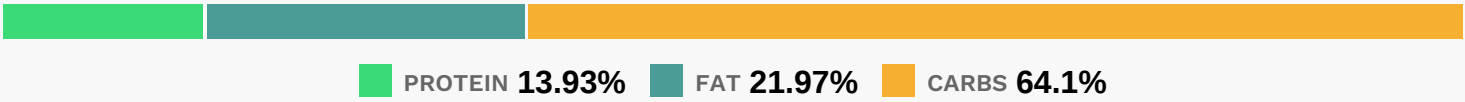
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ microwave
- ☐ serrated knife

Directions

- ☐ If you're going to bake them in a conventional oven, preheat it to 375°F. Slice off the bottom tip of the squashes to create a flat base.
- ☐ Cut off the tops and use a spoon to remove the seeds. Save the tops for later! Use a pencil to draw the faces on the squashes, and use a small serrated knife to carve out the faces. Luckily, carving a small acorn squash is easier than carving a big pumpkin!
- ☐ Brush a little olive oil all over the inside of the squashes and lightly sprinkle them with salt and black pepper. At this point you can choose to bake them in a conventional oven for an hour or until soft, or you can cook them in the microwave like I did.
- ☐ Place the squashes in a microwave safe bowl, add about 1/2 cup of water and microwave for 5 to 8 minutes or until soft.
- ☐ Heat the oil in a medium saucepan over medium heat.
- ☐ Add the onions and saute for about five minutes or until soft. Stir in the mushrooms and saute two more minutes. Stir in the garlic and saute for just about 30 seconds.
- ☐ Add the parsley salt, black pepper, quinoa, and vegetable broth. Reduce heat to low and simmer for 15 to 18 minutes or until all the water is absorbed and the quinoa is soft and fluffy. If the quinoa is still crunchy you can add more broth and simmer it for a few more minutes. Spoon the quinoa stuffing into the acorn squashes and cover them with the reserved squash tops. Reheat the finished dish, if necessary, and serve.

Nutrition Facts



Properties

Glycemic Index:35.22, Glycemic Load:5.91, Inflammation Score:-3, Nutrition Score:5.7747826313843%

Flavonoids

Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 102.1kcal (5.1%), Fat: 2.55g (3.92%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 14.32g (5.21%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 194.34mg (8.45%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Manganese: 0.32mg (15.84%), Vitamin C: 9.99mg (12.11%), Vitamin B6: 0.2mg (10.04%), Fiber: 2.43g (9.71%), Vitamin K: 9.86µg (9.39%), Potassium: 315.42mg (9.01%), Magnesium: 32.75mg (8.19%), Phosphorus: 81.85mg (8.18%), Folate: 30.02µg (7.51%), Copper: 0.13mg (6.74%), Iron: 1.04mg (5.76%), Vitamin B1: 0.08mg (5.53%), Vitamin B2: 0.08mg (4.43%), Vitamin B3: 0.85mg (4.24%), Vitamin E: 0.52mg (3.49%), Zinc: 0.51mg (3.41%), Vitamin B5: 0.32mg (3.15%), Selenium: 1.7µg (2.42%), Vitamin A: 105.7IU (2.11%), Calcium: 14.41mg (1.44%)