



Quinoa and Wild Rice Stuffed Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



374 kcal

SIDE DISH

Ingredients



2 cups celery chopped



10 delicata squash sweet



0.7 cup apricots dried chopped



0.3 cup cherries dried chopped



0.3 cup cranberries dried chopped



2 tablespoons sage leaves dried fresh chopped



1 tablespoon olive oil



2 onions chopped 1 lb. total

- ☐ 0.5 cup pecans chopped
- ☐ 1.5 cups quinoa rinsed drained
- ☐ 12 servings salt
- ☐ 5.3 cups vegetable broth
- ☐ 1.5 cups rice wild rinsed drained

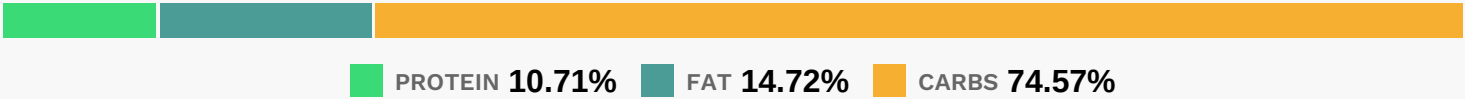
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Rinse squash, pierce each with a fork several times, and set in a 10- by 15-inch pan.
- ☐ Add 3/4 cup water to pan and cover tightly with foil.
- ☐ Bake in a 350 oven until the squash are tender when pierced, 45 minutes to 1 hour.
- ☐ Meanwhile, in a 4- to 5-quart pan, stir chopped pecans over medium heat until golden, about 5 minutes.
- ☐ Remove from pan.
- ☐ Add olive oil, onions, and celery to the pan; stir over medium-high heat until the onions are limp, about 6 minutes.
- ☐ Add vegetable broth, wild rice, and sage. Bring to a boil over high heat. Cover, reduce heat, and simmer for 40 minutes. Stir in quinoa, cover, and simmer until both of the grains are tender to bite, 15 to 20 minutes longer.
- ☐ Stir in apricots, cherries, cranberries, and pecans.
- ☐ Add salt to taste. Keep warm until squash are ready.
- ☐ When the squash are cooked, hold with a thick towel to protect hands, and cut 1/2 to 3/4 inch off tops (or sides of Delicata) to form lids. Scoop out and discard seeds. If needed, trim a little off squash bases so they sit steady and level.
- ☐ Mound grain stuffing into squash cavities. Set squash lids on filling and serve, adding salt to taste.

Nutrition Facts



Properties

Glycemic Index:16.95, Glycemic Load:10.09, Inflammation Score:-10, Nutrition Score:29.129130156144%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 374.01kcal (18.7%), Fat: 6.6g (10.15%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 75.17g (25.06%), Net Carbohydrates: 64.6g (23.49%), Sugar: 18.91g (21.01%), Cholesterol: 0mg (0%), Sodium: 638.29mg (27.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.58%), Vitamin A: 5864.17IU (117.28%), Manganese: 1.6mg (79.77%), Vitamin C: 48.55mg (58.85%), Potassium: 1704.49mg (48.7%), Fiber: 10.56g (42.26%), Vitamin B6: 0.84mg (41.76%), Folate: 160.88µg (40.22%), Magnesium: 143.17mg (35.79%), Phosphorus: 298.17mg (29.82%), Copper: 0.6mg (29.77%), Iron: 4.1mg (22.79%), Vitamin B2: 0.38mg (22.46%), Zinc: 2.95mg (19.67%), Vitamin B3: 3.91mg (19.55%), Vitamin B1: 0.26mg (17.25%), Vitamin K: 16.59µg (15.8%), Calcium: 146.96mg (14.7%), Vitamin B5: 1.24mg (12.36%), Vitamin E: 1.82mg (12.16%), Selenium: 4.4µg (6.29%)