



 **45%**
HEALTH SCORE

Roasted Acorn Squash Stuffed W/spicy Biryani (Veg/vegan)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

SIDE DISH

Ingredients

- 4 acorn squash cut in half, gutted
- 0.5 cup rice
- 1 cup water
- 3 tablespoons garam masala homemade store-bought for a recipe or is fine (click)
- 1 medium onion diced red
- 4 small pasilla peppers diced sweet
- 1 handful cashew pieces chopped

- 4 servings saffron threads
- 1 handful cilantro leaves finely chopped
- 4 tablespoons miso store-bought (or)
- 1 medium onion thick cut into slices (garnishing)
- 4 servings salt to taste
- 4 servings pepper black
- 4 servings pam original flavor shopping list
- 1 tablespoon vegetable oil
- 1 medium onion diced white
- 1 beefsteak tomatoes diced
- 4 cloves garlic minced crushed for amazing garlic tips! (click [HERE](#))
- 2 tablespoons ginger freshly grated (need help Tackling Ginger?)
- 1 tablespoon chili powder (it should be spicy!)
- 1 handful cilantro leaves chopped
- 5 tablespoons miso (I use Patak's Brand)
- 0.5 tablespoon vegetable oil

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 400 degrees. On a baking sheet place the squash halves, spray with PAM and sprinkle with 1-2 tbsp garam masala.
- Place in the oven and BROIL till tender and charred- about 10-15 minutes.

- While the squashes are roasting, in a large skillet, spray with PAM and add vegetable oil and set over medium heat.
- Add the cashews and saute until fragrant and slightly darkened.
- Add onions and peppers, sprinkle with black pepper and saute until soft, about 5–7 minutes. Once the onions and peppers are soft, but now brown, add the soaked basmati rice (make sure not to get any water in it!).
- Saute for 5–7 minutes. You want to toast the the rice.
- Remove the squash from the oven and cool for a few minutes before handling. Score the squash into small cubes, WITHOUT cutting through the skin. Scoop the cubes out into a bowl and set aside. Keep the shell aside, DONT throw out!
- Once the rice is toasted add 1 cup of water, pinch of saffron, cover and cook on medium–low heat, about 15 minutes. You want the rice to be cooked thru, not mushy so dont mix it around too much! Once the rice is cooked, add the cubed squash, tossing gently (you dont want the squash to break and mush around the rice).
- Add the Biryani paste and toss to coat.
- Mix in 3/4 of the chopped cilantro. Taste for salt and biryani flavor– it should be strong, spicy and aromatic.
- In a small skillet, spray with PAM and set over medium–high heat.
- Add onion slices, and saute without breaking up the circles. Cook until brown–ish about 4–5 minutes. Set aside.
- Fill each squash bowl with rice, just coming over the top. Top each one with an onion round and sprinkle with remaining chopped cilantro.
- Serve with yogurt or raita.
- In a medium skillet, spray with pam, add oil and set over medium–high flame.
- Add onions and tomatoes, saute until golden–brown about 4–5 minutes.
- Add garlic, ginger, chili powder and cilantro.
- Saute until vegetables are soft and fragrant about 4–5 minutes.
- Add the biryani paste and mix well, making sure all the veggies are coated.
- Remove from the heat and let cool (10–15 minutes).
- In a grinder/food processor, add the biryani mixture and grind until smooth (slightly chunky is ok). Store in an air tight container. Can be kept in the fridge for 1–2 weeks, or in the freezer– for a while!

Nutrition Facts

PROTEIN 10.87% FAT 20.49% CARBS 68.64%

Properties

Glycemic Index:137.1, Glycemic Load:19.9, Inflammation Score:-10, Nutrition Score:38.13347826087%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.5mg, Luteolin: 3.5mg, Luteolin: 3.5mg, Luteolin: 3.5mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 19.99mg, Quercetin: 19.99mg, Quercetin: 19.99mg, Quercetin: 19.99mg

Taste

Sweetness: 100%, Saltiness: 52.46%, Sourness: 81.34%, Bitterness: 48.89%, Savoriness: 23.46%, Fattiness: 72.6%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 514.11kcal (25.71%), Fat: 12.58g (19.35%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 94.82g (31.61%), Net Carbohydrates: 80.44g (29.25%), Sugar: 10.6g (11.78%), Cholesterol: 0mg (0%), Sodium: 1686.95mg (73.35%), Protein: 15.02g (30.03%), Vitamin C: 127.17mg (154.14%), Manganese: 2.12mg (105.78%), Vitamin A: 3332.62IU (66.65%), Potassium: 2197.97mg (62.8%), Vitamin B6: 1.24mg (61.99%), Fiber: 14.38g (57.53%), Magnesium: 218.12mg (54.53%), Vitamin B1: 0.81mg (54.32%), Copper: 0.84mg (42.15%), Vitamin K: 44.22µg (42.11%), Phosphorus: 361.59mg (36.16%), Iron: 5.89mg (32.7%), Folate: 123.31µg (30.83%), Vitamin B3: 5.09mg (25.43%), Vitamin B5: 2.46mg (24.58%), Calcium: 225.53mg (22.55%), Zinc: 2.77mg (18.45%), Selenium: 11.17µg (15.95%), Vitamin E: 2.09mg (13.92%), Vitamin B2: 0.24mg (13.91%)