



Roasted Acorn Squash with Mushrooms, Peppers and Goat Cheese

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

Ingredients

- 2 acorn squash
- 2 tablespoons butter
- 2 cups cabbage (core removed before slicing)
- 2 cups cremini mushrooms cleaned quartered
- 2 cloves garlic minced
- 4 ounces goat cheese crumbled
- 1.5 teaspoons kosher salt

- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil
- 2 tablespoons parsley fresh italian chopped for garnish, optional
- 1 teaspoon freshly cracked pepper black
- 1 bell pepper red seeded sliced in 1/4-inch julienne
- 1 cup onion sweet
- 1 bell pepper yellow seeded sliced in 1/4-inch julienne

Equipment

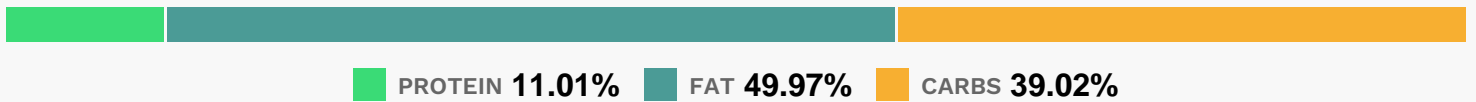
- frying pan
- baking sheet
- paper towels
- oven
- aluminum foil
- broiler

Directions

- Watch how to make this recipe.
- For the acorn squash: Preheat the oven to 375 degrees F. Trim the tops and bottoms off the squash.
- Cut in half horizontally so the cut-ends will keep the pieces flat. Clean the inside of the squash. Separate the seeds from the membranes and rinse well. Dry the seeds with a paper towel and set aside.
- Place the squash cut-side up on a baking sheet, drizzle with the olive oil and sprinkle with 1 teaspoon of the salt and the pepper.
- Place the seeds on a separate baking sheet or foil. Roast the squash 30 minutes. Roast the seeds at the same time, checking and moving them around after 10 minutes and again after 20 minutes. Depending on the size of the seeds, they may be done after 20 minutes, or up to 30 minutes.
- Sprinkle the seeds with the remaining salt, and set aside with the squash.

- For the filling: Set a large saute pan over high heat and add the butter. When melted, add the cabbage, onions, peppers, sprinkle with salt and pepper and gently toss to combine. Allow the cabbage to wilt down, about 5 minutes.
- Add the mushrooms and cook, 3 to 4 minutes.
- Add the garlic and toss to combine.
- Saute 2 to 4 minutes longer, and adjust the seasoning with salt and pepper.
- For assembling: Preheat the broiler to low. Fill the roasted acorn squash halves with the filling.
- Sprinkle the crumbled goat cheese over the top, then top with the roasted squash seeds. Broil just until the cheese is warm.
- Garnish with a small amount of Italian parsley, if using, and serve.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:26.087826241618%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 322.56kcal (16.13%), Fat: 19.16g (29.48%), Saturated Fat: 8.8g (54.97%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 27.87g (10.14%), Sugar: 5.29g (5.88%), Cholesterol: 28.09mg (9.36%), Sodium: 1236.71mg (53.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Vitamin C: 134.23mg (162.71%), Vitamin K: 67.04µg (63.84%), Vitamin A: 2455.69IU (49.11%), Vitamin B6: 0.7mg (34.82%), Manganese: 0.69mg (34.43%), Potassium: 1175.09mg (33.57%), Copper: 0.61mg (30.42%), Vitamin B1: 0.42mg (28.23%), Folate: 98.09µg (24.52%), Magnesium: 94.07mg (23.52%), Phosphorus: 234.05mg (23.41%), Fiber: 5.8g (23.2%), Vitamin B2: 0.37mg (21.61%), Vitamin B5: 1.88mg (18.84%), Vitamin B3: 3.73mg (18.67%), Selenium: 11.97µg (17.1%), Iron: 2.97mg (16.51%), Calcium: 154.74mg (15.47%), Vitamin E: 1.78mg (11.85%), Zinc: 1.23mg (8.2%), Vitamin B12: 0.1µg (1.7%)