



Tofu-Stuffed Acorn Squash

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 small acorn squash stemmed halved seeded
- 8 cups baby spinach
- 1 pint cherry tomatoes halved
- 0.3 cup optional: dill fresh chopped
- 3 cloves garlic minced
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon juice of lemon fresh
- 3 tablespoons olive oil extra-virgin

- 2 tablespoons parmesan cheese shredded
- 2 1-inch pitas whole-wheat toasted
- 1 small onion red cut into 1/2-inch pieces
- 14 ounce spicy tofu firm crumbled drained

Equipment

- bowl
- frying pan
- plastic wrap
- microwave

Directions

- Put the squash in a large microwave-safe bowl.
- Add 1 tablespoon dill, a splash of water, and salt and pepper to taste. Cover with plastic wrap, pierce the plastic and microwave until tender, 15 minutes.
- Meanwhile, heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- Add the onion and garlic; cook, stirring, until soft, 3 minutes. Stir in the tofu and 1/4 teaspoon salt; cook, undisturbed, 2 minutes, then cook, stirring, until browned, 3 more minutes.
- Push the tofu and onion to one side of the pan; add half of the tomatoes to the other side and season with salt. Cook, stirring the tomatoes, 3 minutes, then stir into the tofu and onion mixture.
- Add half of the spinach and a splash of water and stir until the spinach wilts. Stir in 1 tablespoon parmesan and 1 teaspoon lemon juice.
- Toss the pitas, the remaining spinach, tomatoes, 3 tablespoons dill, 1 tablespoon parmesan, 2 tablespoons olive oil, 2 teaspoons lemon juice, and salt to taste in a bowl. Spoon the tofu mixture into the squash.
- Serve with the salad.
- Photograph by Christopher Testani

Nutrition Facts



■ PROTEIN 17.1% ■ FAT 41.8% ■ CARBS 41.1%

Properties

Glycemic Index:60.75, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:31.15739138554%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg

Nutrients (% of daily need)

Calories: 325.08kcal (16.25%), Fat: 16.18g (24.89%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 29.02g (10.55%), Sugar: 4.8g (5.33%), Cholesterol: 1.7mg (0.57%), Sodium: 310.89mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.79%), Vitamin K: 299.62µg (285.36%), Vitamin A: 7242.76IU (144.86%), Vitamin C: 74.22mg (89.97%), Manganese: 1.14mg (56.82%), Folate: 179.16µg (44.79%), Potassium: 1418.22mg (40.52%), Magnesium: 133.39mg (33.35%), Calcium: 314.54mg (31.45%), Vitamin B6: 0.61mg (30.64%), Iron: 5.51mg (30.61%), Vitamin B1: 0.41mg (27.54%), Fiber: 6.77g (27.09%), Vitamin E: 3.41mg (22.74%), Phosphorus: 171.59mg (17.16%), Copper: 0.33mg (16.55%), Vitamin B3: 2.69mg (13.43%), Vitamin B5: 1.13mg (11.31%), Vitamin B2: 0.19mg (11.11%), Zinc: 0.94mg (6.26%), Selenium: 3.29µg (4.7%)