

Savory and Sweet Stuffed Squash Makes 4 servings

This recipe is fun for children and packed with flavor and nutrients. Your child can help mix the filling and stuff the squash.

Ingredients

- 1 medium winter squash (like Tetsukabuto or Kabocha), top cut off and seeds scooped out
- 2 tablespoons olive oil
- Black pepper
- 1 cup water
- ¼ cup brown rice
- ¼ cup quinoa
- ½ white or yellow onion, cut into ¼ inch pieces
- 2 garlic cloves, peeled and finely chopped
- 1 teaspoon cumin
- 1 teaspoon dried thyme
- 4 portobello mushroom caps, cut into ½ inch pieces
- 1 bunch kale, stems removed and leaves chopped
- 2 tablespoons lemon juice
- ¼ cup dried cranberries or cherries
- ¼ cup roasted almonds, chopped
- ½ cup low-fat plain yogurt



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Directions

1. Heat the oven to 400 degrees F. On a large sheet pan, coat the inside and outside of the squash with 1 tablespoon of olive oil, then sprinkle with salt and black pepper.
2. Bake until the squash is tender and browned around the edges, about 20 to 25 minutes. Remove the pan from the oven and let the squash cool.
3. While the squash is roasting, prepare the filling: in a small pot, bring the water, brown rice, and ¼ teaspoon salt to a boil. Once boiling, turn the heat down to a simmer, cover, and cook for 15 minutes. Add the quinoa, cover, and cook another 15 to 20 minutes until all of the water is absorbed and the brown rice and quinoa are cooked.
4. Heat 1 tablespoon of olive oil in large skillet over medium heat. Add onion and cook until soft, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute.
5. Add the mushrooms, kale, ½ teaspoon salt, and ¼ teaspoon black pepper, and cook until the mushrooms and kale are tender, about 10 minutes. Stir in the cooked rice and quinoa, cumin, thyme, 1 tablespoon lemon juice, and cranberries and cook for another 2 minutes. Let the filling mix cool for 10 minutes, then mix in the almonds.
6. Fill the roasted squash with the rice mixture. To serve, scoop out some of the squash with the filling. Serve each portion with a dollop of yogurt and additional lemon juice.