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Chorizo Stuffed Acorn Squash

Time: 20 minutes active; 60 minutes total

Servings: 4 dinner portions

2 acorn squash
1 onion, diced
2 cloves garlic, minced
2 shallots, diced
4 celery stalks, diced
15 oz. white beans
2 cups cooked quinoa
2 cups chopped spinach
½ lb. chorizo (fully cooked), diced into small pieces
1 tbsp. extra virgin olive oil (EVOO)
salt and pepper
½ cup freshly grated Parmesan cheese



1. Cut each acorn squash in half. Scoop out and discard the seeds. Brush the flesh with EVOO, and sprinkle with salt and pepper. Place cut-side down in a greased baking dish. Roast at 400°F for 30-40 minutes, until softened.
2. Meanwhile, place the onions, garlic, shallot, and celery in a large sauté pan. Cook over medium heat until softened, about 8 minutes. Remove from the heat and stir in the white beans, quinoa, spinach and chorizo.
3. Once the squash is roasted, remove from oven and flip over. Stuff each cavity of the squash with the prepared filling. Top with a sprinkle of freshly grated Parmesan cheese. Return to the oven for 10 minutes, allowing the filling to get hot and the cheese to melt.