



## 3 Savory & 3 Sweet Stuffed Squash Recipes

### Quinoa and Vegetable Stuffed Delicata Squash (Vegetarian):

#### Ingredients:

- 2 acorn squash, halved and seeds removed
- 1 cup cooked quinoa
- 1 cup mixed vegetables (bell peppers, zucchini, carrots), diced
- 1/2 cup red onion, chopped
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1/2 cup grated Parmesan cheese (optional)
- Salt and pepper to taste
- Olive oil for roasting

#### Instructions:

1. Preheat oven to 375°F (190°C).
2. Brush the inside of the acorn squash halves with olive oil and sprinkle with salt and pepper. Roast them in the oven until tender, about 25-30 minutes.
3. In a skillet, sauté the onions, garlic, and mixed vegetables until softened.
4. Mix the cooked quinoa, sautéed vegetables, thyme, and Parmesan cheese (if using) in a bowl.
5. Stuff the roasted acorn squash halves with the quinoa and vegetable mixture.
6. Return to the oven and bake for an additional 15 minutes until heated through and slightly crispy on top.



## Sausage and Sage Stuffed Sweet Dumpling Squash (Meat Option):

### Ingredients:

- 2 sweet dumpling squash, halved and seeds removed
- 1/2 pound (225g) ground sausage
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tbsp fresh sage, chopped
- Salt and pepper to taste
- Olive oil for roasting

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Brush the inside of the sweet dumpling squash halves with olive oil and sprinkle with salt and pepper. Roast them in the oven until tender, about 25-30 minutes.
3. In a skillet, brown the sausage. Add garlic and cook until fragrant.
4. Mix the cooked sausage, breadcrumbs, Parmesan cheese, and sage in a bowl.
5. Stuff the roasted sweet dumpling squash halves with the sausage mixture.
6. Return to the oven and bake for an additional 15 minutes or until the filling is golden brown and the squash is tender.



## Spinach and Mushroom Stuffed Delicata Squash (Vegetarian):

### Ingredients:

- 2 delicata squash, halved and seeds removed
- 2 cups fresh spinach, chopped
- 1 cup mushrooms, finely chopped
- 1/2 cup onion, diced
- 2 cloves garlic, minced
- 1/2 cup shredded Gruyere cheese (optional)
- 2 tbsp olive oil
- Salt and pepper to taste

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Brush the inside of the delicata squash halves with olive oil and sprinkle with salt and pepper. Roast them in the oven until tender, about 25-30 minutes.
3. In a skillet, sauté the onions, garlic, and mushrooms until softened.
4. Add the chopped spinach and cook until wilted.
5. Mix the sautéed vegetables with shredded Gruyere cheese (if using).
6. Stuff the roasted delicata squash halves with the spinach and mushroom mixture.
7. Return to the oven and bake for an additional 15 minutes until heated through and the cheese is melted.



## Maple Pecan Stuffed Acorn Squash (Vegetarian):

### Ingredients:

- 4 acorn squash, halved and seeds removed
- 1/2 cup chopped pecans
- 1/4 cup pure maple syrup
- 2 tbsp unsalted butter
- 1/2 tsp cinnamon
- Pinch of salt

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Roast the acorn squash halves in the oven until tender, about 20-25 minutes.
3. In a saucepan, melt butter and add maple syrup, pecans, cinnamon, and a pinch of salt. Cook until pecans are caramelized.
4. Fill each acorn squash half with the pecan mixture.
5. Return to the oven for a few minutes until heated through.



## Cranberry and Almond Stuffed Delicata Squash (Vegetarian):

### Ingredients:

- 4 delicata squash, halved and seeds removed
- 1 cup cooked brown rice
- 1/2 cup dried cranberries
- 1/4 cup sliced almonds
- 2 tbsp honey
- 1/2 tsp cinnamon
- Pinch of salt

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Roast the delicata squash halves in the oven until tender, about 20-25 minutes.
3. In a bowl, mix cooked brown rice, dried cranberries, sliced almonds, honey, cinnamon, and a pinch of salt.
4. Stuff each delicata squash half with the rice mixture.
5. Return to the oven for a few minutes until heated through.



## Spaghetti Squash with Ricotta and Honey (Vegetarian Dessert):

### Ingredients:

- 1 spaghetti squash, halved and seeds removed
- 1 cup ricotta cheese
- 2 tbsp honey
- 1/2 tsp vanilla extract
- Pinch of cinnamon
- Pinch of salt

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Roast the spaghetti squash halves in the oven until tender, about 30-40 minutes.
3. In a bowl, mix ricotta cheese, honey, vanilla extract, cinnamon, and a pinch of salt.
4. Scrape the spaghetti squash strands with a fork and mix with the ricotta mixture.
5. Return to the oven for a few minutes until heated through.