



## **Ingredients:**

- 2 medium to large acorn squash – cleaned/seeded/halved
- 1 yellow onion – chopped
- 2 – 4 cloves of fresh garlic, minced
- 1 cup of quinoa (your choice)
- 2 cups of organic vegetable broth
- 1/2 cup chopped walnuts, pecans, almonds, pistachios, pumpkin and sunflower seeds (mix/match as available or your choice).
- 1/2 cup dried cranberries
- 1 1/2 teaspoon fresh thyme leaves (replace with 1/2 tsp dried)
- 3/4 teaspoon fresh sage (replace with 1/4 dried)
- 1/4 fresh ground black pepper
- 1/8 teaspoon ground cinnamon
- Salt to taste

## **Directions:**

### Squash:

- Preheat oven to 400F
- Lightly oil baking pan and place 4 squash halves, cut side down. Bake for 25 to 35 minutes.

### Stuffing:

- Add 2 Tablespoons of vegetable broth to sauté pan. Sauté onions, until translucent, add garlic.
- Add the quinoa and remainder of the vegetable broth.
- Bring to a simmer, stir, then cover and turn down the heat to low.
- Add remainder ingredients, stir in and remove from heat and let stand while you prepare the squash.

### Final Steps:

- Flip over the roasted Acorn squash halves and stuff with the mixture just prepared. Return to the oven and bake an additional 15 minutes at 350F until top is brown a bit.
- Serve and enjoy!

Traditions ~ A Longevity Zone Project

By [Whole Foods 4 Healthy Living](#) ~ Winter Haven, Florida

407-680-3914