

# VEGAN STUFFED ACORN SQUASH

**PREP TIME:** 25 minutes    **COOK TIME:** 35 minutes    **TOTAL TIME:** 1 hour    **YIELD:** 4 servings

## SQUASH INGREDIENTS

- 2 acorn squash
- ½ tablespoon olive oil
- Sea salt and black pepper

## SQUASH INSTRUCTIONS

1. Preheat oven to 450°F.
2. Cut off ends of squash and cut in half lengthwise.
3. Scoop out pulp and seeds.
4. Brush squash halves with ½ tablespoon olive oil.
5. Sprinkle with sea salt and black pepper.
6. Cover baking sheet with parchment paper.
7. Place squash sides face down on baking sheet.
8. Bake for 25–35 minutes.

## FILLING INGREDIENTS

- 1 tablespoon olive oil
- ¼ cup celery, chopped
- ½ cup carrots, chopped
- ½ onion, chopped
- 1 cup mushrooms, chopped
- ¾ cup Brussels sprouts, shredded
- 3 cups quinoa, cooked
- ¼ cup Organic Dried Wolfberries
- 1 teaspoon olive oil
- 2 drops Thyme Vitality essential oil
- 2 drops Black Pepper Vitality essential oil
- 1 drop Rosemary Vitality essential oil
- Salt and pepper

## FILLING INSTRUCTIONS

1. While the squash halves are roasting, heat 1 tablespoon olive oil in a large skillet.
2. Sauté celery, carrots, and onion for 5–7 min.
3. Add mushrooms and cook for 5 minutes.
4. Add Brussels sprouts and cook for 5 min.
5. Combine sautéed veggies, cooked quinoa, and wolfberries.
6. Combine 1 teaspoon olive oil with Vitality essential oils.
7. Pour over quinoa-veggie mixture and toss.
8. Add salt and pepper to taste.
9. When the squash halves are done roasting, fill each half with mixture.
10. Leave oven at 450°F and bake filling side up for 10 minutes.
11. Let cool slightly and serve.