

## Acorn Squash Stuffed with Quinoa and Apple

**Hands On:** 10 minutes

**Total Time:** 45 minutes

**Makes:** 4 servings

### INGREDIENTS:

2 medium acorn squash, halved and seeded  
2 tbsp (30 mL) olive oil  
1/2 tsp (2 mL) each salt and pepper, divided  
1/2 cup (125 mL) Allen's Apple Juice Not From Concentrate  
1/2 cup (125 mL) chicken broth  
1/2 cup (125 mL) quinoa  
2 mild Italian sausages (casing removed)  
1 apple, cored and chopped  
1 small onion, diced  
1/2 cup (125 mL) toasted chopped pecans  
1/4 cup (60 mL) chopped fresh parsley  
1 tbsp (15 mL) chopped fresh sage  
1/2 cup (125 mL) grated Parmesan cheese, divided

### DIRECTIONS:

- 1. Preheat** oven to 400°F (200°C). Brush squash with olive oil. Sprinkle with salt and pepper. Place cut-side down on foil-lined baking sheet. Bake for 20 to 25 minutes or until tender. Remove from oven; set aside.
- 2. Heat** apple juice and chicken broth in saucepan set over medium-high heat; bring to boil. Add quinoa; reduce heat to low. Cover and cook for about 15 minutes or until liquid is absorbed. Fluff with fork.
- 3. Fry** sausage in skillet set over medium-high heat, breaking up with wooden spoon until browned. Reduce heat to medium. Add apple and onion; sauté for 3 to 4 minutes or until tender-crisp.
- 4. Stir** together quinoa, apple, onions, pecans, parsley, sage, and half of the Parmesan.
- 5. Spoon** mixture into squash halves. Sprinkle with remaining Parmesan.
- 6. Transfer** squash to baking sheet; cover with foil. Bake for about 10 minutes or until heated through and cheese is melted. Remove foil; bake for 15 minutes or until cheese is browned.

**Tip:** To make it easier to halve squash, pierce with knife. Microwave on high for 1 to 2 minutes. Let cool and halve.