



STUFFED SQUASH BOATS

with Mushrooms, Quinoa, and Golden Raisins

PREP: 10 MIN
TOTAL: 35 MIN

LEVEL 2

VEGGIE

GLUTEN FREE

NUT FREE



HELLO DELICATA SQUASH

Quick to roast and with skin you can eat!



INGREDIENTS:

- Delicata Squash
- Veggie Stock Concentrate
- Shallot
- Button Mushrooms
- Quinoa
- Golden Raisins
- White Wine Vinegar
- Feta Cheese (Contains: Milk)
- Cilantro

FOR 2 PEOPLE:

- 1
- 1
- 1
- 4 oz
- ½ Cup
- 1 oz
- 1 tsp
- ½ Cup
- ¼ oz

FOR 4 PEOPLE:

- 2
- 2
- 2
- 8 oz
- 1 Cup
- 2 oz
- 2 tsp
- 1 Cup
- ¼ oz

NUTRITION PER SERVING

493 cal | Fat: 17 g | Sat. Fat: 5 g | Protein: 17 g | Carbs: 76 g | Sugar: 20 g | Sodium: 520 mg | Fiber: 10 g

START STRONG

Avoid mushy quinoa by watching the clock. This seed cooks quickly, and although we estimate it'll take around 15 minutes to absorb all the water, it may vary depending on your stove. You know quinoa is done once they've "popped" with what looks like a curly little tail.



BUST OUT

- Baking sheet
- Small pot
- Large pan
- Olive oil (4 tsp | 8 tsp)

1 PREHEAT OVEN AND ROAST SQUASH

Wash and dry all produce.

Preheat oven to 400 degrees.

Trim and halve **squash** lengthwise, then scoop out **seeds**. Rub with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Bake cut side down on a baking sheet until very tender, about 20 minutes.

2 PREP REMAINING INGREDIENTS AND COOK QUINOA

Meanwhile, bring **1 cup water** and **stock concentrate** to a boil in a small pot. Halve, peel, and mince **shallot**. Thinly slice **mushrooms**. Add **quinoa** to boiling water, cover, and simmer until tender, about 15 minutes.

3 COOK SHALLOTS AND MUSHROOMS

While **quinoa** cooks, heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **shallots** and cook until softened, 1-2 minutes. Add **mushrooms** and toss until soft and golden brown, 3-4 minutes. Season with **salt** and **pepper**.



4 TOSS QUINOA STUFFING

When **quinoa** is done, stir into pan with **mushrooms**. Add **golden raisins**, **1 tsp white wine vinegar**, and a drizzle of **olive oil**. Season with **salt** and **pepper**. Taste and add more **vinegar**, if desired.

5 STUFF SQUASH

When **squash** is done, stuff with **quinoa** (there will be some left over). Sprinkle with **feta**, and bake until **cheese** softens, about 2 minutes.

6 FINISH

Roughly chop **cilantro**. Plate remaining **quinoa**, top with stuffed **squashes** and **cilantro**, and enjoy!

BEAUTIFUL!

A bowl you can actually eat

