

# Stuffed Acorn Squash

Servings: 6

Time: 1h 15 mins

## Ingredients

- 3 small acorn squash
- 3 tbsp extra virgin olive oil divided
- 1 cup farro (or quinoa)
- 2 cups + 2 tbsp apple cider, divided
- ½ yellow onion, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 2 sprigs fresh thyme
- 1 tbsp fresh thyme, chopped
- 1 bunch kale, stems removed & chopped
- Salt and pepper to taste
- 1 can favourite beans/lentils or ½ lbs ground turkey



## Instructions

- Preheat oven to 400°F; cut each end off squash and halve.
- Use a spoon to remove seeds and brush with olive oil. Season with salt and pepper and roast until tender, ~30-35 minutes.
- Meanwhile, in a medium saucepan combine farro with 2 cups cider, 1 cup water, and thyme sprigs. Simmer and cook, stirring occasionally, until liquid evaporates and farro is tender, ~25-30 minutes. Remove thyme sprigs.
- Meanwhile, cook/heat filling: cook ground turkey in pan, or boil beans or lentils until cooked. Add onion and celery, cook until soft, ~6 minutes. Add garlic and chopped thyme, cook until fragrant.
- Add kale and cook for 4 minutes, stirring frequently; add remaining cider and cook until kale is tender, ~4 minutes.
- Add cooked farro and protein to vegetables in skillet. Divide mixture among halved squash. Switch oven to broil, broil until tops are golden and filling is warmed, ~2 to 3 minutes.
- Serve and Enjoy!

**Tip:** Don't have farro in your pantry? Swap farro for quinoa or brown rice.