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Vegan Stuffed Acorn Squash ♦

This vegan stuffed acorn squash recipe is a delicious and healthy option for a vegan or vegetarian meal. The acorn squash is stuffed with a flavorful mixture of quinoa, black beans, vegetables, and spices. It's a hearty and satisfying dish that can be enjoyed as a main course or as a side dish.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	Acorn squash
200 g	Quinoa
200 g	Black Beans
100 g	Red Bell Pepper
100 g	red onion

2	garlic
cloves	
2 tbsp	olive oil
1 tsp	Cumin
1 tsp	Chili powder
1 tsp	Salt
1 tsp	Black pepper
20 g	fresh cilantro

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C). Cut the acorn squash in half lengthwise and scoop out the seeds and pulp.

Prep Time: 10 mins

Cook Time: 30 mins

Step 2

Oven

Brush the cut sides of the acorn squash with olive oil and sprinkle with salt and pepper. Place the squash halves cut-side down on a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Stove

While the squash is roasting, cook the quinoa according to package instructions. In a separate pan, heat olive oil over medium heat and sauté the red bell pepper, red onion, and garlic until softened.

Prep Time: 10 mins

Cook Time: 15 mins

Step 4

Stove

Add the cooked quinoa, black beans, cumin, chili powder, salt, and pepper to the sautéed vegetables. Stir well to combine and cook for another 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Oven

Remove the roasted acorn squash from the oven and flip them over. Fill each squash half with the quinoa and black bean mixture. Return to the oven and bake for an additional 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Garnish with fresh cilantro before serving. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 6 g

Protein: 10 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	800 mg	23.53%	30.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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