



# From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!

**VEGETARIAN  
GLUTEN-FREE**

## Quinoa-stuffed Acorn Squash

### OVERVIEW

Yield: 2 servings

Prep Time: 45 minutes

Total Time: 60 minutes

### INGREDIENTS

1 acorn squash (halved, seeded)

1 Tbsp. olive oil

¼ tsp. salt

1½ cups quinoa (pre-cooked)

½ cup water

⅓ cup raisins

⅓ cup pumpkin seeds

⅛ cup chives (chopped)

⅛ cup parsley (chopped)

1 clove garlic (minced)

½ Tbsp. lemon juice

¼ cup feta cheese (crumbled)

### DIRECTIONS:

1. Preheat oven to 400 °F.
2. Rub the olive oil and salt over the squash halves and bake in oven (skin-side up) for 35–40 minutes. You should be able to pierce the flesh easily with a fork.
3. Place raisins and water in a pot and bring to a boil, then remove from heat. Allow to cool for 5 minutes and remove raisins from water.
4. In a medium-sized bowl, mix the remaining ingredients with the raisins.
5. Once the squash is cooked, flip the halves over so that the skin side is against the pan. Fill the cavity with the quinoa salad and return the pan to the oven. Bake for another 15–20 minutes.
6. Garnish (optional) with chopped chives, chopped parsley, feta, and a drizzle of olive oil.

