



# COUSCOUS STUFFED ACORN SQUASH

Serves 4

## Ingredients:

- 1/2 cup water
- 1/3 cup couscous
- 4 small acorn squash
- 2 tbsp. canola oil
- 1 cup chopped celery
- 1 onion, finely diced
- 1/4 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 1 tsp. sage
- 1 1/2 cups frozen spinach, thawed
- 1/4 cup unsalted walnuts, chopped
- 1 tbsp. maple syrup
- 1/4 cup reduced-fat blue cheese crumbles



## Directions:

1. Preheat the oven to 400 degrees F. Prepare couscous according to package instructions
2. Prepare each acorn squash: Cut off 1-inch of top of each acorn squash; use spoon to scoop out seeds and discard them. Use knife to slice a sliver off the bottom of each squash so they stay upright as they cook. Place each acorn squash onto foil-lined baking sheet. Set aside.
3. Warm oil in large nonstick pan over medium high heat. Add celery, onion, salt, pepper, and sage. Stir occasionally and saute until softened, 6-8 min. Stir in thawed spinach, and cook until spinach is fully thawed and heated, 1-2 min. Remove from heat. Stir in reserved couscous, remaining canola oil, walnuts, and maple syrup.
4. Pack 1 cup stuffing into cavity of each squash. Top each squash with its lid. Bake in oven until squash is tender, 60-75 min. Remove acorn squash lid and top with blue cheese. Serve.

**Cost:** About \$3.64 per serving!



## Tips:

- Make half your grains whole grains. To find out if a product is a whole grain, look for the words "whole wheat" or "whole grain" as the first ingredient on the ingredient list.
- Whole-grain foods contain more natural fiber, vitamins and minerals than refined grains.

<b>Nutrition Facts</b>	
Serving size	1/4 of Recipe
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>380</b>
	% Daily Value*
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 62g	<b>23%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	