ingles table



Julie Bainbridge's

PECAN QUINOA GROUND CHICKEN STUFFED ACORN SQUASH

SERVES: 4

SQUASH:

2 acorn squash

2 tbsp olive oil

salt and black pepper, to taste

FILLING:

½ cup tri-color quinoa, rinsed

1 cup chicken broth

2 tbsp unsalted butter

1 lb ground chicken

1 tsp salt

½ tsp black pepper

1 medium yellow onion, finely chopped

2 garlic cloves, minced

1 tsp chopped fresh sage

2 tbsp chopped fresh curly parsley

1 tsp finely chopped fresh rosemary

TOPPINGS:

¼ cup chopped pecans

¼ cup dried cranberries, chopped

2 tbsp maple syrup

¼ cup finely grated parmesan cheese

fresh curly parsley, for garnish

DIRECTIONS:

1. Preheat the oven to 400°F.
2. Cut the acorn squash in half and scoop out the seeds. Rub the insides with the olive oil and season generously with salt and pepper.
3. Place the squash halves cut side down on a baking sheet and roast for 30 minutes.
4. Meanwhile, in a medium saucepan, bring the chicken broth to a boil. Add the quinoa and cook according to the package directions.
5. Heat a medium-large skillet over medium heat. Add the butter and let it melt.
6. Add the ground chicken, 1 tsp salt, and ½ tsp black pepper. Cook for 5-8 minutes, until the chicken is no longer pink.
7. Add the onion and garlic and cook for about 5 minutes, until the onion is soft and translucent.
8. Add the sage, 2 tbsp parsley, and rosemary and sauté for 3 minutes, until fragrant.
9. Transfer the chicken mixture to a mixing bowl and stir in the cooked quinoa.
10. Remove the squash from the oven, turn the halves cut side up, and fill the centers with the chicken mixture.
11. Top with the pecans and dried cranberries and drizzle with the maple syrup. Garnish with the parsley and parmesan and serve immediately.

CHEF'S NOTE:

This dish is naturally gluten free. To make the dish vegetarian, substitute crumbled tofu for the ground chicken and vegetable broth or water for the chicken broth.

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