



Rice & Lentil Stuffed Squash

4 servings

45 minutes

Ingredients

- 2 Acorn Squash (large)
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Brown Rice
- 1/2 cup Vegetable Broth
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 6 Cremini Mushrooms (large, sliced)
- 1 tbsp Thyme (fresh)
- 1 cup Kale Leaves (finely chopped)
- 1 cup Lentils (cooked, rinsed)

Directions

- 1 Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Cut the squash in half and scoop out the seeds and strings. Season the flesh of the squash with one-third of the salt and place it flesh side down on the baking sheet. Bake for 35 to 40 minutes, or until the squash is tender.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Add the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have started to soften, about 3 minutes. Add the mushrooms, thyme, and remaining salt. Continue to cook for another 3 to 5 minutes until the mushrooms start to soften.
- 5 Wilt in the kale leaves then add the cooked lentils and rice. Stir to combine.
- 6 Spoon the rice and lentil mixture into the baked squash. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to half a squash and approximately one cup of the lentil and rice filling.

Additional Toppings: Fresh herbs, red pepper flakes or fresh ground black pepper.

No Acorn Squash: Use a different variety of squash or sweet potato.

No Vegetable Broth: Use water instead.