

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)

NUTRITION

AMOUNT PER SERVING

Calories	253	Carbs	55g
Fat	1g	Protein	9g

DIRECTIONS

- 01 Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 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.
- 03 Meanwhile, cook the rice according to package directions.
- 04 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.
- 05 Wilt in the kale leaves then add the cooked lentils and rice. Stir to combine.
- 06 Spoon the rice and lentil mixture into the baked squash. Enjoy!