

# Quinoa & Currant Stuffed Acorn Squash, Pumpkin Seeds

Portion Size: 1 each (half acorn squash)

Yield: 8

## Ingredients:

Pepitas (Pumpkin Seeds), Hulled 3 TBSP  
Red Wine Vinegar 3 ½ TBSP  
Granulated Sugar 2 TBSP  
Kosher Salt 1/8 tsp  
Crushed Red Pepper Flakes 1/8 tsp  
Acorn Squash, Whole, Fresh 4 each  
Apple Cider Vinegar ¼ cup  
Extra Virgin Olive Oil 1 TBSP  
Maple Syrup, Pure 2 ½ TBSP  
Kosher Salt ½ tsp  
Black Pepper, ground ¼ tsp

## Quinoa Currant Stuffing Ingredients:

Canola Oil 2 TBSP  
Red Onion, Diced ½ cup  
Quinoa, Dry, Rinsed 2 cups  
Curry Powder 2 tsp  
Cinnamon, Ground 1 tsp  
Water 1 qt  
Kosher Salt 1 tsp  
Currants, Dried ½ cup  
Parsley, Fresh, Chopped (stems and all) 1/3 cup

## Preparation:

1. Place pepitas (pumpkin seeds) on a sheet pan and toast in a 350°F oven for 5 minutes or until lightly golden brown.
2. In a pot, combine the red wine vinegar, sugar, salt, and red pepper flakes. Simmer until sugar has dissolved. Add still warm pepitas to mixture. You have just made a pepita agrodolce!
3. Trim ends of acorn squash and cut in half lengthwise. Scrape seeds from squash.
4. In a bowl, whisk together cider vinegar, olive oil, maple syrup, salt, and pepper. Place acorn squash on parchment lined sheet tray with flesh side facing up. Brush flesh side of squash with apple cider vinegar mixture. Save any excess for basting during cooking. Roast acorn squash in a 350°F oven for about 20 minutes, or until golden brown and tender (basting every 5 minutes).
5. Heat canola oil in a pot. Sweat onions until translucent. Stir in quinoa, curry powder, cinnamon, and cayenne. Continue cooking for ~1 minute, or until spices become fragrant. Add water and salt; bring up to a simmer. Cook quinoa until tender ~20 minutes. While warm, stir in currants and parsley.
6. Place 1 cup of hot quinoa mixture into each acorn squash half. Garnish each portion with 1 TBSP of the pepita agrodolce.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
500	12	95	19	16	11	1.5	400



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