

# Traditional Food Recipe

## Stuffed Acorn Squash

Pre-heat oven to 375°F



INTER TRIBAL COUNCIL OF ARIZONA, INC.

### Ingredients:

- 2 medium-sized acorn squash (cut in half, remove seeds, brush inside with olive oil and season with salt and pepper)
- 1 small **red onion**, finely chopped
- 2 cloves **garlic**, minced
- 1 cup fresh **spinach**, chopped
- 1 cup corn kernels (fresh, frozen, canned)
- 1 cup **cherry tomatoes**, halved
- 1/2 cup **shredded mozzarella cheese**
- 1/4 cup grated Parmesan cheese
- 2 Tb **fresh basil and parsley**, chopped

### Directions:

- Place prepared squash cut side down, on a baking sheet lined with foil.
- Roast in preheated oven for 30-40 minutes (or until fork tender).
- While the squash is roasting, heat a skillet over medium heat and add 1-2 Tb. olive oil.
- Add chopped **red onion** and minced **garlic** to skillet, cook for 2-3 minutes until they become translucent.
- Add corn kernels to **onion** and **garlic** mixture and cook for another 3-4 minutes until they start to become tender.
- Stir in chopped **spinach** and cook for an additional 2-3 minutes until wilted.
- Remove from heat and stir in the halved **cherry tomatoes**, **shredded mozzarella**, grated Parmesan, **fresh basil**, and **fresh parsley**, season with salt and pepper to taste.
- Continued on back...



Foods in **pink** can be purchased with WIC benefits



Traditional foods are underlined

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### Directions, cont.:

- When **acorn squash** halves are done roasting, flip them over so the cut side is facing up.
- Carefully spoon the **spinach**, **corn**, and **tomato** filling into each **squash** half, packing it down gently.
- Sprinkle **shredded cheese** on top of the filling.
- Return the stuffed **squash** to the oven, bake for an additional 15-20 minutes, or until the filling is heated through, and the **cheese** on top is melted and slightly golden.
- Carefully remove the stuffed **squash** from the oven and let cool for a few minutes before serving.
- Garnish with additional fresh herbs, if desired.

### Nutritional Highlights:

- Squash is high in fiber, vitamin C and also has calcium and iron
- Combining squash with tomatoes, spinach and corn creates a nutritional side dish to serve with grilled chicken, pork or beef.
- Adding beans, ground meat, or tofu to the stuffed squash makes a complete all-in-one meal!

