



## Stuffed Acorn Squash With Rice Pilaf



Servings: 1

Ingredients	Nutrient value per serving
1 c. acorn squash, baked 1 1.5 oz. "sausage" patty, soy-based, crumbled 1/3 c. brown rice 1/2 c. cooked cauliflower "rice" 1 t. olive oil chopped parsley 1 small apple 1 c. mixed salad greens squeeze of lemon juice 6 almonds	Exchanges ..... 2 starch ..... 2 vegetable ..... 1 protein ..... 1 fruit ..... 3 fat Calories ..... 446 Calories from Fat ..... 112 Total Fat ..... 12.7 g Saturated Fat ..... 1 g Cholesterol ..... 0 mg Sodium ..... 327 mg Carbohydrate ..... 76.4 g Fiber ..... 19.6 g Sugar ..... 19 g Protein ..... 18 g
Instructions	Notes
<ol style="list-style-type: none"> <li>1. Preheat oven to 350°F. Carefully cut the acorn squash in half, scrape out the seeds, drizzle with 1/2 t. olive oil (setting aside remaining teaspoon) and place cut-side of squash down on a baking dish or pan. Bake until tender (about 25-30 min).</li> <li>2. While squash is baking, heat a pan on the stove and add remaining olive oil. Cook cauliflower "rice" with "sausage" patty crumbles until tender. Cook brown rice separately according to package directions.</li> <li>3. Fill squash half with cauliflower, "sausage" crumbles and brown rice. Top with parsley.</li> <li>4. Serve with a side of salad greens squeezed with lemon juice and apple slices. Top with almonds.</li> </ol>	<p>Prep and cook time: 35-40 min.</p> <p><i>VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form.</i></p>