

Mushroom & quinoa stuffed pumpkins RECIPE

# Mushroom & quinoa stuffed pumpkins



COOK TIME 35 min PREP TIME 10 min MAKES

4 servings

When was the last time dinner was almost too cute to eat? Warm up with this surprisingly simple recipe that's packed with all of the best flavors of fall. These pumpkins take the prize with a combination of savory tastes and satisfying textures.

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- <?xml version="1.0" encoding="UTF-8"?> .cls-8 { stroke: #fff; stroke-miterlimit: 10; stroke-width: .91px; } .cls-8, .cls-9 { fill: #1a5632; } .cls-10 { fill: #fff!important; } Print (opens in same window)

## **INGREDIENTS**

- 2 small baking pumpkins or other winter squash about 6–8-inches in diameter such as acorn squash
- 1 cup leeks, chopped
- ¼ tsp. dry thyme
- Salt and pepper to taste
- 1 tbsp. olive oil, divided
- 1 package of SEEDS OF CHANGE™ Organic Quinoa Brown Rice with Garlic
- 8-ounces mushrooms, chopped
- 1/8 tsp. dry rosemary
- 1/4 cup vegetable broth
- ½ cup shredded parmesan cheese, divided

### THIS RECIPE FEATURES:



SEEDS OF CHANGE™ Certified Organic Quinoa & Brown Rice with Garlic Pouch 8.5 oz

#### **SEE DETAILS**

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## **DIRECTIONS**

1. 1.

Heat oven to 400°F. Cut the top off of the pumpkins and remove seeds with a spoon. Brush lightly inside and outside of pumpkin with oil and sprinkle lightly with salt. Bake 25–35 minutes until tender.

2. 2.

While pumpkins are cooking heat 1 tbsp. oil in a skillet over a medium to high heat. Add mushrooms and leeks and sauté for about 5 minutes or until tender. Add rosemary, thyme, salt and pepper to taste, SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic, vegetable broth and half of the parmesan cheese. Stir well to combine and cook for about 3-4 minutes more to heat the grains, remove from heat.

3. 3.

Once pumpkins are cooked, remove from oven and turn oven to broil. Fill pumpkins with mushroom quinoa filling, top with remaining parmesan and broil for about 2 minutes or until cheese gets lightly browned.

#### **NUTRITION INFO**

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Column 1	Column 2
Servings	4
Calories (per serving)	230
Total Fat	8g
Saturated Fat	2.5g
Trans Fat	0g
Total Fat % DV	10%
Saturated Fat % DV	13%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	460mg
Sodium % DV	20%
Total Carbohydrate	33g
Dietary Fiber	3g
Sugars	6g
Total Carbohydrates % DV	12%
Dietary Fiber % DV	11%
Protein	9g

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# Caprese stuffed eggplant with balsamic drizzle

Cook time

5 min

Prep time

20 min

SEE DETAILS  x
Phyllo wrapped chicken & rice bundles
Cook time
15 min
Prep time
15 min
SEE DETAILS  X
Savory baby bok choy with quinoa & brown rice
Cook time
7 min
Prep time
3 min
SEE DETAILS  X
Whole grains 'n cheese

**Source URL:** https://www.seedsofchange.com/recipes/stuffed-pumpkin

Prep time

**SEE DETAILS** 

10 min