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.

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
- ¼ cup vegetable broth
- ½ cup shredded parmesan cheese, divided

DIRECTIONS

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. 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. 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

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

You might also love...

Caprese stuffed eggplant with balsamic drizzle

Cook time

5 min

Prep time

20 min

Phyllo wrapped chicken & rice bundles

Cook time

15 min

Prep time

15 min

Savory baby bok choy with quinoa & brown rice

Cook time

7 min

Prep time

3 min

Whole grains ‘n cheese

Cook time

0 min

Prep time

10 min

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