



## Stuffed Acorn Squash

### Ingredients

- nonstick cooking spray
- 3 medium acorn squash
- 1 1/2 cups cooked brown rice
- 1/2 cup chopped, unsalted, dry-roasted walnuts
- 3/4 cup plain bread crumbs
- 1 medium onion, finely chopped
- 2 egg whites, slightly beaten
- 1/2 teaspoon sage
- 2 teaspoons freshly chopped parsley
- 1/2 teaspoon freshly ground black pepper

### Directions

Makes 6 servings

1. Preheat oven to 350 F.
2. Lightly coat a baking dish with nonstick cooking spray.
3. Cut each squash in half and spoon out seeds. Throw away seeds and set squash aside.
4. In a medium bowl, combine all ingredients except squash.
5. Place mixture loosely in squash halves.
6. Place squash in prepared pan and cover with foil.
7. Bake 1 hour or until squash is tender.
8. Serve warm.



MAIN DISH



### TIP

Don't have brown rice? Use white or wild rice.  
Out of bread crumbs? Try using cracker crumbs.

♥ = heart smart

⊗ = low sodium

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### Nutrition Facts

Serving Size 1/2 squash (311g)  
Servings Per Container 6

Amount Per Serving

**Calories 260**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**    **12%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 125mg**    **5%**

**Total Carbohydrate 44g**    **15%**

Dietary Fiber 6g    **24%**

Sugars 3g

**Protein 7g**

Vitamin A 15%    •    Vitamin C 45%

Calcium 10%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:    2,000    2,500

Total Fat    Less than    65g    80g

Saturated Fat    Less than    20g    25g

Cholesterol    Less than    300mg    300mg

Sodium    Less than    2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

Recipe contains: wheat, egg, nuts  
Carb choices per serving: 3