

Stuffed Winter Squash



Makes:

6 servings

Utensil:

Saladmaster Food Processor
1 Qt./9 L Sauce Pan with Cover
10 Qt./9.5 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket

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Contributed By:

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Recipe Description:

Winter squash makes the perfect edible container for a variety of fillings. No need to turn on the oven. Use the Saladmaster roaster and culinary basket to vapor-cook the squash, then get creative with whatever flavor profiles you want to incorporate into your meal. Delicata squash, acorn, Hubbard and buttercup are some of my favorites, but feel free to use whatever is available in your local markets.

3
delicata squash

¹/₂
cup
leeks, rinsed well, julienned, use Cone #2
(45
g)

2
stalks celery, julienned, use Cone #2

1

cup

shitake mushroom caps, cleaned and sliced, use Cone #4

(86

g)

1

cup

quinoa, rinsed and drained

(170

g)

$1 \frac{3}{4}$

cup

water or vegetable stock

(420

mL)

$1 \frac{1}{2}$

teaspoon

natural salt

(3

g)

$1 \frac{1}{4}$

teaspoon

sage, ground

(1

g)

$1 \frac{1}{4}$

teaspoon

cinnamon, ground

(1

g)

$1 \frac{1}{3}$

cup

pumpkin seeds, shelled, toasted

(46

g)

$1 \frac{1}{2}$

cup

parsley, fresh, chopped

(30

g)

Directions:

1. Wash outside of squash and slice in half lengthwise. Scoop out seeds with a spoon and discard. Use a serrated kitchen knife to make cutting squash easier.
2. Place 6 cups (1.4L) of water in roaster and bring to a boil over medium heat. Place squash in bottom of culinary basket, attach handles to basket, and place culinary basket in roaster and cover. When Vapo-Valve? clicks, reduce heat

to low and cook for 20 - 30 minutes until flesh of the squash is cooked and soft. Cooking time will vary depending on size and type of squash being used.

3. While squash is cooking, preheat sauce pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, place leeks and celery in pan and sauté for approximately 5 minutes until softened and lightly browned.
4. Add shitake mushrooms and sauté for an additional 3 minutes.
5. Add quinoa, salt, sage and cinnamon and stir to combine. Carefully add water or vegetable stock, stir and cover.
6. When Vapo-Valve? clicks reduce heat to low and cook for approximately 16 minutes until liquid is absorbed. Let quinoa rest for 10 minutes after cook time, covered. Fluff quinoa with fork, taste and adjust seasonings as necessary.
7. To serve, divide quinoa filling between cooked squash halves. Top quinoa with toasted pumpkin seeds and chopped fresh parsley.

Tips:

- Toasted pumpkin seeds add a nice crunchy texture to grain dishes and a significant dose of heart healthy magnesium, zinc and omega 3 fats.
- Pumpkin seeds and other small nuts and seeds are easy to toast in the Saladmaster Chef's Gourmet Skillet. Heat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add pumpkin or other seeds/nuts. Toast on medium heat, occasionally shaking pan to evenly toast until lightly browned and fragrant.
- Squash and filling can also be made and filled in advance. Place filled squash halves in large gourmet skillet or mega skillet and reheat on top of the stove prior to serving.

Nutritional Information per Serving

Calories:

179

Total Fat:

3g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

239mg

Total Carbs:

35g

Dietary Fiber:

5g

Sugar:

3g

Protein:

6g