



COUSCOUS STUFFED ACORN SQUASH Serves 4



Ingredients:

- 1/3 cup couscous
- 4 small acorn squash
- 2 tablespoons olive oil
- 1 cup celery, diced
- 1 onion, finely diced
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon sage
- 1 1/2 cups frozen spinach, thawed
- 1/4 cup unsalted walnuts, chopped
- 1 tablespoon maple syrup
- 1/4 cup reduced-fat blue cheese crumbles

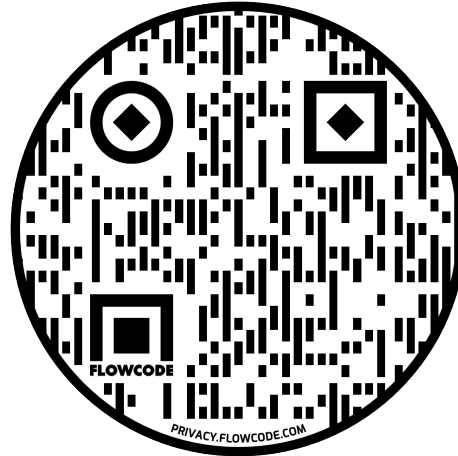
Directions:

1. Preheat the oven to 400 degrees F.
2. Prepare couscous according to package instructions.
3. Prepare each acorn squash: Cut off 1-inch from the top of each acorn squash; use a spoon to scoop out seeds and discard. Use a knife to slice a sliver off the bottom of each squash so they stay upright as they cook. Place each acorn squash onto foil-lined baking sheet. Set aside.
4. For the stuffing: Warm oil in large pan over medium high heat. Add celery, onion, salt, pepper, and sage. Stir occasionally and cook until softened, 6-8 min. Stir in thawed spinach, and cook until spinach is fully heated through, 1-2 min. Remove from heat. Stir in reserved couscous, walnuts, and maple syrup.
5. Pack stuffing into cavity of each squash. Top each squash with its lid. Bake in oven until squash is tender, 60-75 minutes. Remove acorn squash lid and top with blue cheese. Serve immediately.



Cost: About \$3.64 per serving!

Nutrition Facts	
Serving size	1/4 of Recipe
Amount Per Serving	
Calories	380
	<small>% Daily Value*</small>
Total Fat 14g	18%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 62g	23%
Dietary Fiber 9g	32%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 10g	20%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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