

« [Highly Addictive Flatbread Recipe: Rosemary, Potatoes & Goat Cheese](#)
(<http://12tomatoes.com/2014/09/highly-addictive-flatbread-recipe-rosemary-potatoes--goat-cheese.html>) | [Main \(/\)](#) | [Old-Fashioned Favorite: The Classic Chocolate Malt](#) »
(<http://12tomatoes.com/2014/09/oldfashioned-favorite-the-classic-chocolate-malt.html>)

Seasonal Recipe: Twice-Baked and Stuffed Butternut Squash

Pumpkins get a lot of attention annually, but they're not the only members of the gourd family—we'd like to remind everyone about their cousins, the butternut squash. Butternut squash is easy to cook with and blends really well with other flavors, as witnessed here with mushrooms. Try it and see how easily this could become a staple in your dinner rotation!



Quinoa and Mushroom-Stuffed Butternut Squash

(Serves 6-8)

Ingredients

- 4 lbs. butternut squash; 2 regular-sized squashes
- 2 cups quinoa
- 1 cup chanterelle mushrooms, sliced
- 1/2 cup white onion, chopped
- 1/2 cup parmesan
- 3 tablespoons olive oil, separated
- 2 cloves garlic, minced
- water
- salt and pepper, to taste

Directions

1. Preheat oven to 450° F
2. Cut squashes in half, take the seeds out and place, cut side up, in two 11x7 baking dishes. Season with salt, pepper and olive oil (one tablespoon per squash), and add 1/4 inch of water to baking dishes.
3. Cover baking dishes with foil and bake for around 40 minutes, or until tender when pierced with a fork.
4. Reduce oven temperature to 375° F
5. In a small pot, bring 4 cups water to a boil and then add quinoa. Reduce to a simmer and let cook for 15-20 minutes, or until quinoa has absorbed all water. Remove from heat.
6. In a pan, heat remaining olive oil and sauté mushrooms and onions on medium heat. Add in the garlic after a few minutes. Cook until fragrant and onions are translucent.
7. After squash has cooled, scoop out the insides, leaving about a 1/4 inch of flesh.
8. In a large bowl, combine quinoa, butternut squash, mushrooms, onions and garlic, and parmesan cheese. Mix well and season with salt and pepper.
9. Spoon mixture back into the hollow butternut squashes and return them to the oven to bake for 20-25 minutes, or until top is golden brown.

Recipe adapted from My Recipes (<http://www.myrecipes.com/recipe/quinoa-stuffed-squash-50400000116783/>)

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