

Vegetarian Stuffed Roasted Acorn Squash

Tanque Verde Ranch

2 ea acorn squash
as needed olive oil
as needed salt and pepper
4 tbsp butter (divided 1 tbsp and 3 tbsp)
1/2 ea yellow onion (diced)
3 ea garlic cloves (minced)
4 ea roma tomatoes (quartered)
2 ea jumbo sweet potatoes (diced)
2 ea parsnip (peeled and diced)
12 ea green beans (trimmed)
2 cups ice
2 cups water
2 cups spinach
1/4 cup white wine
1/4 cup cilantro (chopped)
2 tbsp agave nectar
1/4 cup pepitas (toasted)



~ fold ~

Preheat oven to 375°F and in a 4 quart pot add water set to boil. Make an ice bath with 2 cups of ice and 2 cups of water. Cut acorn squash in half from stem end to bottom (along to ribs), clean seeds and soft innards out with spoon. Lightly oil and season squash with salt and pepper. Place Squash on sheet pan skin side up and roast for 1 – 1¼ hour or until flesh is tender. Lightly oil and season tomatoes with salt and pepper. Place tomatoes on sheet pan and roast for 35-45 minutes. In boiling water blanch separately parsnips, green beans and sweet potatoes (will require the most time) until al dente (tender with a bit of bite). Shock parsnips, green beans and sweet potatoes in ice bath when done cooking, once cool remove from ice bath and hold. Once the acorn squash are tender remove from oven and keep hot. Once the tomatoes are done set aside

and let cool.

In a sauté pan add 1 Tbsp of butter, add onions and garlic sauté for 2 min. Add potatoes, parsnips, green beans tomatoes and spinach sauté for 3 minutes. Add white wine and let simmer until au sec (fairly dry), add cilantro and remove from heat. Place filling in acorn squash equally, return empty sauté pan to medium – high heat add remaining 3 tablespoons of butter and agave nectar. Simmer butter until it turn light brown add toasted pepitas. Pour brown butter and toasted pepitas on the filled acorn squash and serve. Suggested serving with a quinoa salad. Serves 3-4.