

MEXICAN-STYLE STUFFED ACORN SQUASH

We like to think of this Stuffed Squash recipe as a formula ready for tweaking and experimenting with your own ingredients! Try black beans, jalapeños, tomatoes, and green beans for this slightly Mexican-style stuffed squash, but any bean or nut, whatever veggies you have on hand, and your favorite spices or herbs work too! The formula stays the same: squash + grain + veggie = yum!



Ingredients

- 4 acorn squash
- 1 onion
- 1 jalapeño (optional)
- 2 cups assorted vegetables (we've included Roma tomatoes and green beans!)
- 1 - 15 ounce can black beans
- 1 cup grated cheese (optional)

From your pantry:

- Two cups cooked grains (rice, millet, etc.)
- 3-4 garlic cloves
- 2 teaspoons seasoning blend (Italian seasoning or other)
- Olive oil
- Salt and pepper

Equipment:

- Large baking dish
- Large skillet

PREPARATION: 15 MIN

COOKING: 55 MIN

READY IN: 70 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce. Preheat oven to 400 degrees.

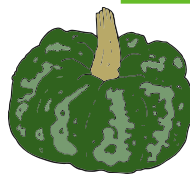
1. Cut **squash** in half, scoop out seeds and place cut-side down on a baking pan with a 1/4 inch of water. Bake for 30-40 minutes or until softened.
2. Meanwhile, prepare the grain. Dice **onion**. Mince **garlic** and **jalapeño** (optional). Dice **green beans** and **tomatoes** into 1/2 inch pieces. Drain and rinse **black beans**.
3. Heat a large skillet over medium heat. Add 2 Tablespoons olive oil, onions, garlic, and jalapeno. Saute 2 minutes and add **assorted vegetables (green beans and tomatoes), seasoning blend, 1/2 cup water**, and a good sprinkle of salt and pepper. Saute for 4-5 more minutes, until vegetables are well seasoned and tender.
4. Turn off heat and add beans. Turn squash over in baking pan and scoop in the prepared filling. Top with grated cheese (optional). Return to oven for 10-15 minutes until heated through. Enjoy!

Tips, Tricks, and Terms

A LITTLE ABOUT ACORN SQUASH!

Acorn squash is from the same family as pumpkin, butternut squash, and zucchini! Most varieties have dark green skin and bright, sweet orange flesh. Acorn squash will last for a couple months if you keep it in a cool dark place (ideally 50 to 55 degrees) like a basement or storage area.


One cup of cooked acorn squash offers 9 grams of fiber which aids digestion, helps regulate blood sugar, and leaves you feeling full and cozy. It is an excellent source of B Vitamins (B1, B6, and B9) and Vitamin C. Acorn squash is also rich in antioxidants which some research shows can reduce risk for heart disease and cancers. So eat up!



A little about...

JALAPEÑO: Spanish for Jalapa (or Xalapa), the capital of Veracruz, Mexico, where the peppers originated.

When cooking with jalapeños, use them as you would use a bell pepper. Remove the stem, chop, then add to the recipe. If you like, remove the seeds to reduce the heat and keep the flavor!



Open Hands Farm is a certified organic vegetable farm in Northfield, MN, committed to sharing the freshest, most nutritious produce possible. Erin and Ben are the farmers, and alongside their wonderful employees, they aim to grow food in the most ecologically and economically sustainable ways possible.

Open Hands produce is distributed in a CSA program and also to larger institutions like Minneapolis Public Schools and neighboring colleges and food hubs.

Thanks to Open Hands for their flavorful carrots and crunchy greens this season!

Visit openhandsfarm.com to learn more and follow [@openhandsfarmCSA](https://twitter.com/openhandsfarmCSA)



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