

## Directions

Yield: 2 Serving size: 2 stuffed squash

**Total cost: \$3.55** Serving cost: \$1.80

- Preheat oven to 400 F.
- Cut squash in half lengthwise. Scoop the seeds out with a spoon and discard. Drizzle insides of the squash with olive oil and sprinkle with salt and pepper. Place squash halves face down on a lined baking sheet. Bake 15 minutes until soft.
- Warm oil on a large skillet over medium heat. Add garlic and onion. Sauté for 3 minutes until translucent. Reduce heat to low and add tomatoes, kale, thyme, salt, and pepper. Sauté for an additional 5 minutes.
- Turn off heat and mix in quinoa, chickpeas, and dried cranberries.
- Set oven to broil. Flip squash face side up. Scoop mixture into each squash half. Save any of the mixture that does not fit into squash to serve on side.
- Broil squash boats for 5 minutes.

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**Fast Facts** 



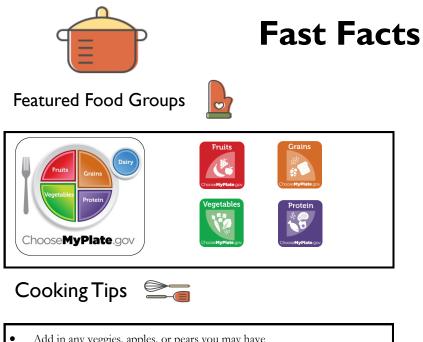


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## Cooking Tips

- Add in any veggies, apples, or pears you may have
- Substitute chickpeas for any beans or lentils you have •
- Try adding cheese on the top before broiling

Nutrition F	acts
Serving size 1 sq	uash boat
Amount Per Serving Calories	350
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	30%
Total Carbohydrate 60g	22%
Dietary Fiber 15g	54%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3.06mg	15%
Potassium 799mg	15%
*The % Daily Value (DV) tells you how much serving of food contributes to a daily diet. 2, day is used for general nutrition advice.	



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