

Stuffed Butternut Squash with Sage Lentil Filling

- Yield: 8 servings

Create a savory sage lentil quinoa filling to stuff rich, earthy butternut squash to create a plant-based (vegan), gluten-free meal in one that impresses.

Ingredients

Squash:

- 2 medium butternut squashes*
- 2 tablespoons water
- olive oil, salt and pepper, as desired (optional)

Filling:

- ½ onion, chopped
- 2 cloves garlic, minced
- 1 cup quinoa, uncooked
- 1 cup brown lentils, uncooked
- 4 cups vegetable broth
- 2 teaspoons dried sage
- ¼ teaspoon black pepper
- ¼ cup chopped walnuts
- ¼ cup dried cranberries
- 1 teaspoon fresh lemon juice

Garnish: (optional)

- Fresh sage leaves

Directions

Preheat oven to 375 F. Split squashes in half lengthwise, scoop out seeds, exposing center cavity. Trim flesh to create cavity for filling (each half should hold about 1 ¼ cups filling). Reserve extra squash flesh for soups or stews.

Place squash halves in a large (9 x 13-inch) baking dish, with cavity facing up. Add water to the bottom of the baking dish or pan. Drizzle squash with olive oil and season with salt and pepper as desired (optional). Cover with foil and bake for 30 minutes.



Meanwhile, sauté onion and garlic for 7 minutes. Add quinoa and lentils and sauté for an additional 2 minutes to toast. Add broth, sage, and black pepper and sauté, stirring frequently, for 15-20 minutes, until quinoa and lentils are just tender.

Remove filling from stove, and drain off any additional liquid left in mixture that has not been absorbed. Stir in walnuts and cranberries.

Remove squash from oven and fill each cavity with filling, packing it with a spoon and mounding it over the top. (Makes about 5 cups of filling, 1 ¼ cups filling per squash half).

Place the stuffed squash back in the oven (do not cover with foil) and cook for an additional 15 minutes, until squash is tender when pierced with a fork, and filling is browned.

Remove from oven and garnish with sage leaves, if desired.

Makes 8 servings (1/2 squash per serving)

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