

BULGUR-STUFFED ACORN SQUASH

Yield: 4 squash halves plus 3-1/3 C. filling

two 1-1.5 Lb. acorn squash
extra virgin olive oil (EVOO)
salt to taste
black pepper to taste
1/4 c. onion, chopped
1/2 c. carrots, chopped
1/2 c. celery, chopped
3 to 4 cremini mushrooms, chopped
roasted red pepper, chopped
1 c. cooked chicken chunks*
1-1/2 c. cooked bulgur**
1/4 c. dried cranberries***
1/4 c. fresh parsley, chopped
6 Tblsp. orange juice with a pinch of orange zest
1/2 c. toasted pecans, chopped****

1. Preheat oven to 400°F. Line a large baking sheet with a silicon baking mat; or line with foil that is lightly coated with cooking spray. Cut squash in half; remove and discard seeds in We Compost bucket. Brush cut side and inside cavity with EVOO; sprinkle lightly with salt and black pepper. Place squash cut sides *DOWN* on the prepared baking sheet. Roast about 25 minutes or until tender.
2. In a large 12" skillet, heat EVOO over medium to medium-high heat. Add onion and sauté until just starting to brown. Add carrots, celery, and mushrooms; sauté about 10 minutes or until tender crisp, stirring intermittently to promote browning. Salt lightly. Stir in roasted red pepper and cooked chicken chunks. Stir in bulgur, dried cranberries, parsley, orange juice, and orange zest; heat through. Add salt and black pepper to taste. Stir in toasted nuts.
3. Turn squash cut sides up. Fill squash halves with bulgur mixture. Any extra filling can be served on the side to add to the squash as it is eaten.

Substitutions/Notes:

- * Rotisserie chicken.
- ** Cooked quinoa, or cooked Israeli couscous.
- *** Dried tart red cherries.
- **** Almonds, or cashews, or walnuts, or pistachios.