

Lentil *and* Kale Stuffed Acorn Squash

INGREDIENTS:

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| 2 Acorn or Carnival Squash | 1½ tbsp balsamic vinegar | ¼ cup walnuts (<i>or nut of choice</i>) |
| 1 cup green lentils | 1 tsp cumin | |
| ½ onion, diced | Salt and pepper, to taste | Dairy-free feta to sprinkle on top |
| 4 garlic cloves, minced | ½ cup dried cranberries | |
| 2 kale leaves, chopped | | |

INSTRUCTIONS:

- 1 Preheat oven to 400°F.
- 2 Cut acorn squash in half and remove seeds.
- 3 Season with salt and pepper.
- 4 Roast cut side down for about 45 minutes or until soft enough to pierce with a knife.
- 5 While the acorn squash is roasting, cook lentils.
- 6 Sauté onion and garlic gloves until onion is translucent.
- 7 Add cook lentils, chopped kale, cumin, balsamic vinegar, salt and pepper. Stir until combined.
- 8 Stuff acorn squash with lentil mixture and top with dried cranberries, feta cheese and nuts.



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(314) 514-3565