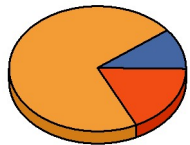




Moroccan-Style Stuffed Acorn Squash

Recipe grams: 933.95g/32.9oz

Serves 2 466.98g/16.5oz per serving



Protein: 11%
Carbohydrates: 72%
Fat: 18%

INGREDIENTS

1 tbsp SPLENDA BROWN
1 squash ACORN SQUASH, RAW, WINTER (4" DIAMETER)
1 tbsp OLIVE OIL, SALAD OR COOKING
1 clove GARLIC, RAW
2 small-stalk CELERY, RAW, 13 CM LONG
1 large CARROT, RAW, 18.4 CM TO 21.6 CM LONG
1/2 cup CHICKPEA (GARBANZO), CANNED, BENGAL GRAM, MATURE SEED
1/4 cup RAISIN, SEEDLESS, PACKED
1/2 tbsp CUMIN SEED, GROUND
1 tsp CINNAMON, GROUND
1 tsp CARDAMOM, GROUND (CARDAMON)
1/2 cup BROTH, CHICKEN, 99% FAT FREE
1/2 cup COUSCOUS, DRY

DIRECTIONS

Cut acorn squash in half and remove seeds. Place cut side down in a microwave safe dish with a small amount of water. Cover with plastic wrap. Cook in microwave 6-8 minutes, more or less for a larger or smaller squash.

Chop celery, carrots into small pieces. Mince garlic.

While squash is cooking, heat olive oil in a skillet over medium-high heat. Stir in garlic, carrots and celery and cook about 5 minutes. Mix in the chickpeas and raisins and seasonings and cook until vegetables are tender.

Pour in chicken broth and mix in the couscous. Remove from heat and allow the couscous to absorb the liquid. Stir frequently and add more broth if needed to prevent the mixture from becoming too dry.

Remove squash, turn cut side up and sprinkle with brown sugar and butter substitute. If desired, drizzle a small amount of honey over the halves.

Fill with the prepared mixture and serve.

Nutrition Facts

2 servings per container

Serving size 1 serving (467g)

Amount per serving

Calories 490

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 450mg 20%

Total Carbohydrate 93g 34%

Dietary Fiber 11g 39%

Total Sugars 14g

Protein 12g

Vit. D 0mcg 0% • Calcium 166mg 15%

Iron 5mg 25% • Potas. 1290mg 25%