

Stuffed Butternut Squash

Ingredients

- 1 butternut squash
- Salt
- Pepper
- Olive oil
- 1 small zucchini, cubed
- 1 tomato, diced
- 1 red pepper, chopped
- 2/3 cup quinoa
- 5-10 pitted black olives, chopped (optional)
- 1 ¼ cup water
- 3 oz feta, cubed or crumbled
- 1/2 tablespoon dried oregano
- Parmesan cheese, grated

Instructions

1. Preheat oven to 400 degrees F. Cut the squash in half lengthwise and scoop out the seeds. Arrange the two halves of the butternut squash on a baking tray. Sprinkle with salt and pepper and drizzle with a little olive oil. Bake for 35-40 minutes.
2. Sauté the zucchini and red pepper in a small amount of olive oil on medium heat.
3. Add the tomato, olives, quinoa, oregano, black olives (if using) and water. Add salt to taste. Cook for about 10-15 minutes until the water has evaporated and the quinoa is cooked. Turn off the heat and add the feta cubes.
4. When cooled, scoop out most of the squash, leaving a border and some on the bottom. Mix the scooped out squash with the veggies or save for another use. Spoon the veggie quinoa mix evenly between the two halves.

Sprinkle grated Parmesan cheese on top and return to oven for 30 minutes.

View the recipe video on YouTube here: www.youtube.com/watch?v=9_VNfw25AQw