Stuffed Acorn Squash

1 Acorn Squash
½ cup pecans
½ cup dried cranberries
1 pat of vegan butter
½ cup balsamic vinegar
1 cup quinoa
¼ cup brown sugar

1. Prepare squash: Cut the acorn squash in half. Place on lined baking sheet, cut side down. Bake at 350° for 20-50 minutes, depending on size of the squash, until tender.

2. Cook quinoa: Rinse quinoa in a fine mesh strainer and drain well. Combine rinsed quinoa with 2 cups water in a saucepan. Bring to a boil, then reduce heat and simmer for 20 minutes. Remove from heat, cover and let sit for 5 minutes.

3. Finish squash: Once squash is fork tender, turn the halves over. Spread a bit of vegan butter on the cut section of each and sprinkle a bit of brown sugar on each. Bake for an additional 15-20 minutes.


5. Prepare balsamic reduction: Heat balsamic vinegar and add 1-2 Tbsp brown sugar. Continue to heat and mix frequently for 10-15 minutes, until the liquid is reduced. Remove from heat and let rest for a few minutes to thicken.

6. Finish quinoa: Add half of the pecans and half of the dried cranberries to the cooked quinoa. Mix well.


This mouth-watering recipe is perfect for the winter months, when squash is in abundance and oven baked meals are comforting.

This recipe serves 2 generous portions.

Recipe by Tammy Fiebelkorn.