



acorn squash w/cranberry, quinoa & goat cheese stuffing

ingredients

- 2 (1 1/2-pound) acorn squash
- 2 tbsps maple syrup
- 2 separate tbsps of olive oil
- 1 tsp salt
- 1/4 tsp pepper
- 2/3 cup dry quinoa, rinsed & drained
- 1 small garlic clove
- 1/2 cup toasted pecans, chopped
- 1/4 cup dried cranberries
- 2 tbsps Italian parsley, chopped
- 1 tbsp apple cider vinegar
- 2 ounces plain goat cheese, crumbled

directions

Preheat oven to 400°F (200°C). Cut the squash in half, trimming so they sit upright. Scoop out seeds and discard. Place the squash halves cut side up in a 9-by-13-in baking dish. Drizzle the squash with 1 tbsp of the oil and maple syrup. Season with salt and pepper. Cover baking dish and bake 40 min or until tender.

Toast quinoa in remaining 1 tsp of oil for 1 min. Remove from heat, add 1 cup cold water, garlic and remaining 1/2 tsp salt. Return to heat and bring to a boil. Reduce heat to low, cover and simmer until the grains have expanded and the water has been absorbed, about 12 min. Stir in the cranberries, remove from heat, and cover for 10 min. to finish cooking.

Stir the pecans, parsley and vinegar into the quinoa. Stuff quinoa mixture into the cavities of the squash, sprinkle with goat cheese and enjoy!



mango fish tacos with chipotle slaw

slaw ingredients

- 1 cup chopped cabbage
- 1/2 cup Greek yogurt
- 2 tbsp chopped scallion
- 1 tsp lime juice
- 1/4 tsp salt
- 1/4 tsp chipotle powder

tacos ingredients

- 4 corn tortillas
- 8 oz tilapia or halibut
- 1 tsp olive oil
- 1/4 tsp each, paprika and salt
- 1 cup chopped mango
- 1/4 cup cilantro, chopped
- 2 tsp lime juice

directions

Make slaw by combining the cabbage, yogurt, scallion, lime juice, salt and chipotle powder, toss to mix and let stand at room temperature while you prepare the tacos.

Cut the tilapia into 1/2–3/4 inch (1–2 cm) cubes, reserve.

Drizzle a small, nonstick pan with olive oil and place over medium-high heat. Add the fish and stir. Sprinkle with paprika and salt and stir, reducing the heat to medium as the cubes start to sizzle. When the fish is white and starting to flake, about 3 minutes, add the mango, cilantro and lime juice. Continue to stir for about 3 minutes, just until the mango is warmed through and the fish is cooked.

Divide the fish mixture between four corn tortillas and top with about 1/4 cup slaw per taco. Serve immediately.