

Mediterranean Style Stuffed Acorn Squash Recipe



*This recipe can also be modified to use eggplant instead of acorn squash.



5 from 4 reviews

- **Author:** The Mediterranean Dish
- **Prep Time:** 15 mins**Cook Time:** 40 mins**Total Time:** 55 minutes
- **Yield:** 4

ingredients

- 2 Acorn Squash
- [Koroneiki](#) extra virgin olive oil
- 1 8.8 oz package [Wild Garden Rice & Lentil Pilaf](#)
- 1 cup packed fresh baby arugula
- 4 scallions, trimmed, chopped (both white and green parts)
- 1/2 cup pomegranate arils (seeds)
- 3 tbsp fresh chopped parsley
- 2 to 3 tbsp fresh lemon juice

instructions

- 1 Preheat oven to 400 degrees F.
- 2 Place each squash in microwave and heat on high for 3 minutes (this will make it easier to cut through the tough skin).

- 3 Carefully cut acorn squash in half through the stem. And using a spoon, scoop seeds out. (You can discard seeds, or clean and toast them to use later)
- 4 Sprinkle squash with salt and drizzle flesh with olive oil, then place them flesh-side down on an oiled baking sheet. Roast in 400 degrees F heated-oven for 40 minutes or so until flesh is tender and slightly browned around edges. Remove from oven and set aside briefly to cool just enough to handle.
- 5 Using a spoon, scoop up the squash flesh and place in a large bowl (you will use the shell, so do not discard). Break the squash flesh up with your spoon.
- 6 To make the stuffing, heat up the [Wild Garden Rice & Lentil Pilaf](#) according to package, then add to the same bowl as squash. Add the remaining ingredients plus 2 tbsp of extra virgin olive oil. Mix to combine.
- 7 Fill the acorn squash shells with the pilaf and squash mixture. Enjoy warm!