

FOOD



Quinoa-Stuffed Squash

Ingredients

- 4 (1-pound) golden nugget squashes
- Cooking spray
- 2 links hot turkey Italian sausage, casings removed
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped onion
- 2 garlic cloves, minced
- 1/2 cup water
- 2 cups cooked quinoa
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon chopped fresh thyme
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 3/4 cup shredded Monterey Jack cheese, divided

Directions:

1. Cut the top quarter off each squash; reserve tops. Discard seeds. Arrange squashes, cut sides down, in 2 (11 x 7-inch) baking dishes. Fill each dish with

- 1-inch of water; microwave 1 dish at HIGH 15 minutes. Remove dish; repeat with remaining dish. Cool.
- Preheat oven to 350°.
2. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add sausage; sauté 5 minutes or until browned, stirring to crumble. Remove sausage with a slotted spoon. Add carrot, onion, and garlic to drippings in pan; sauté 2 minutes, stirring frequently. Stir in 1/2 cup water; bring to a boil. Reduce heat to medium; cover and cook 8 minutes or until carrot is tender.
3. Combine sausage, carrot mixture, quinoa, parsley, thyme, salt, and pepper; stir in 1/2 cup cheese. Stuff about 1 cup quinoa mixture in each squash, and top each serving with 1 tablespoon cheese. Arrange stuffed squashes in a broiler-safe baking dish, and place tops in dish. Bake at 350° for 20 minutes or until thoroughly heated. Remove from oven.
4. Preheat broiler to high.
5. Broil squashes 4 minutes or until cheese is golden.

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CALENDAR November 2017

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

6 National Nachos Day <i>James Naismith, Inventor of Basketball, born, 1861</i>	7 Hug-a-Bear Day <i>Scientist Marie Curie born in 1867</i>	8 <i>X-Ray Day X-Ray was discovered on this day in 1895</i>	9 First 'Rolling Stone' magazine is published in 1967 Great Boston Fire 1872	10 Sesame Street Debuted in 1969 Veteran's Day (Celebrated)	11 Remembrance Day In Canada Veteran's Day	12 <i>Elizabeth Cady Stanton, Women's Rights Leader, was born in 1815</i>
13 Mom's and Dad's Day <i>Vietnam Veterans Memorial was dedicated in 1982</i>	14 Young Reader's Day National Clean Out Your Refrigerator Day	15 America Recycles Day Pack Your Mom Lunch Day	16 <i>Jean Fritz born, 1915</i> <i>Fall of the Inca Empire (1533)</i> Button Day	17 Homemade Bread Day <i>Lewis & Clark Reached Pacific, 1805</i> Take A Hike Day	18 <i>Antarctica discovered in 1820</i> William Tell Day	19 <i>Gettysburg Address Delivered in 1863 by President Lincoln</i> <i>Prime Minister Indira Gandhi in 1917</i>