

Peppered Stuffed Acorn Squash with Gusta and Apples



Discover our delicious recipe for stuffed butternut squash with Gusta and apples. This vegan dish offers a harmonious blend of the savory flavor of Gusta vegan meat and the sweetness of apples, creating a satisfying and comforting meal. This dish contains enough protein to be enjoyed post-workout.

Preparation 15 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 500

Fat 15

Carbohydrates 62

Fibre 13

Protein 32

Sodium 780

Ingredients

- 2 small peppered squash
- 15 ml (1 tbsp) canola oil
- 2.5 ml (1/2 tsp) garlic powder
- 1 yellow onion, chopped
- 1 celery stalk, sliced

- 2 apples, peeled and cut into small cubes
- 125 ml (1/2 cup) vegetable broth
- 125 ml (1/2 cup) whole wheat couscous

Preparation

1. Preheat the oven to 205°C (400°F).
2. Cut the peppered squash in half and remove the seeds.
3. In a small bowl, mix 10 ml (2 tsp) of canola oil with garlic powder. Season with salt and pepper. Brush the squash flesh with this mixture.
4. Bake the squash halves in the oven for 25 minutes or until tender, cut sides facing up on a baking sheet.
5. In a heated skillet over medium heat, sauté the onion and celery in the remaining oil until translucent.
6. Meanwhile, roughly grind the Gusta roast in a food processor or cut it into small cubes.
7. Add the roast and apples to the skillet, mix well, and cook for 5 to 10 minutes.
8. Heat the vegetable broth in the microwave for 1 to 2 minutes.
9. Pour the couscous into the hot broth. Cover and let it sit for 5 minutes to swell.
10. Add the couscous to the skillet and mix.
11. Stuff the squash halves with the mixture and enjoy.

Notes



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