

## Stuffed za'atar-roasted squash

Search:

- [Dinner](#)
- [Vegetables](#)
- [Recipes](#)

## Stuffed za'atar-roasted squash

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");

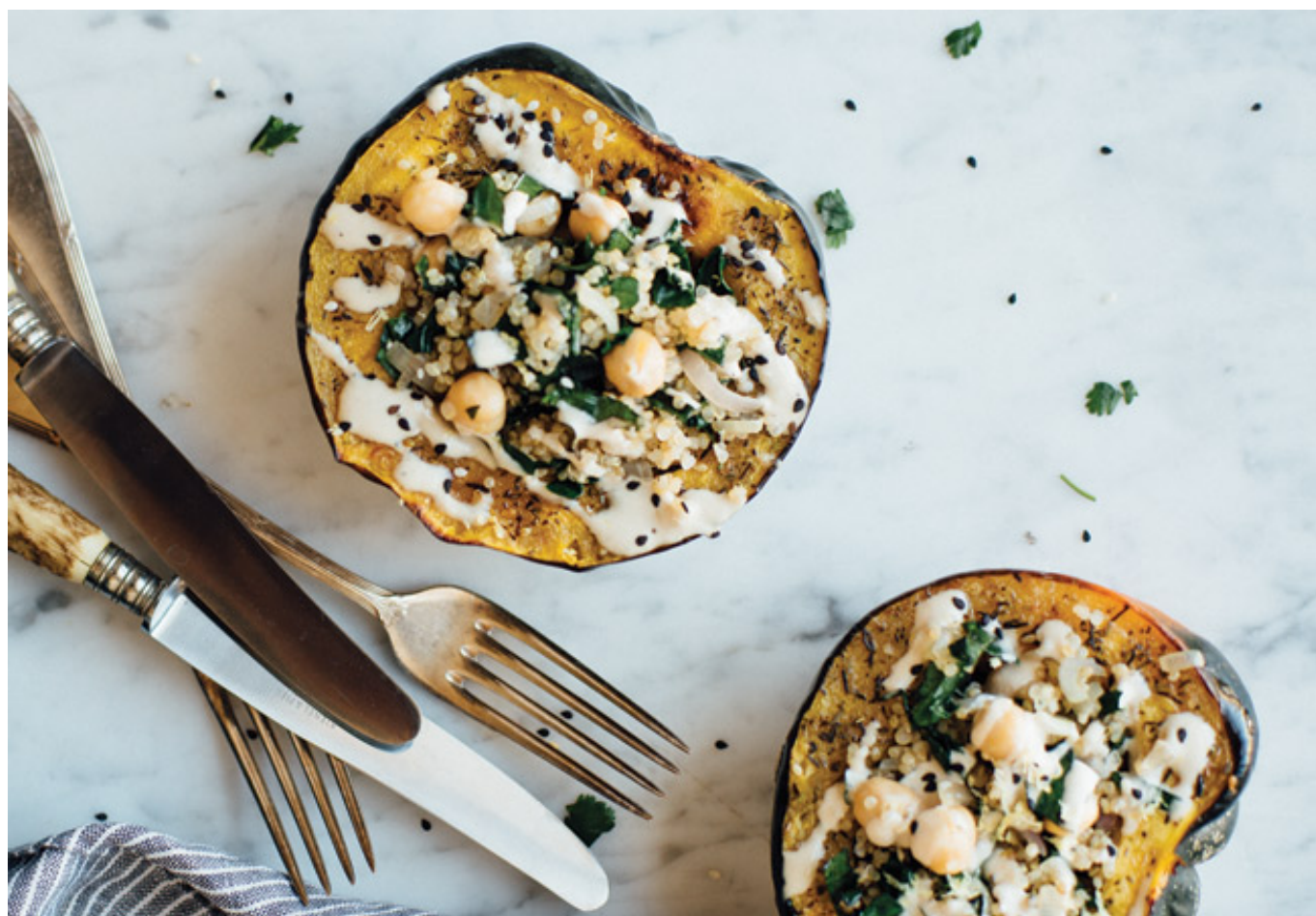


```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Stuffed za'atar-roasted squash

---



Rate this recipe

0 people are cooking this [Count me in](#)

These little stuffed vegetables are a great healthy dinner idea.

### **Ingredients** (makes 6)

#### Squash

- 3 acorn squash, washed and cut in half
- 2 tbsp za'atar
- 1 medium shallot, diced
- 2 cups [chickpeas](#), cooked
- 1 tsp ground cumin
- 1/8 tsp cayenne (optional)
- 3 kale leaves, destemmed, shredded
- 1/2 cup [quinoa](#), cooked
- Salt and pepper
- 1/2 tbsp extra virgin olive oil
- Sesame seeds, for garnish

#### Lemon-pepper tahini

## Stuffed za'atar-roasted squash

---

- ¼ cup [tahini](#) paste
- 1 tbsp fresh lemon juice
- ¼ tsp freshly ground pepper
- 1 clove garlic, minced
- Sea salt
- ¼ cup water

### Method

Preheat oven to 200°C and line a baking tray with paper. Place squash cut side up, and brush with olive oil. Season with a pinch of salt and evenly sprinkle the za'atar spice. Place in oven and bake until tender; roughly 40 to 50 minutes. Remove and set aside.

Meanwhile, heat an eight to 10 inch skillet on medium. Once hot, add olive oil and shallot and saute for a few minutes, until translucent and soft. Add chickpeas, cumin, cayenne pepper and a couple pinches of salt. Cook for one to two minutes.

Add kale and cook until a bit wilted. Remove from heat and set aside.

In a large mixing bowl, combine the sauteed chickpeas and kale with the quinoa.

Stuff each squash half with roughly half a cup of the quinoa mix (more or less depending on the size of your acorn squash). Serve warm with a few drizzles of the tahini sauce, and sesame seeds.

For the tahini sauce: In a small mixing bowl, combine tahini, lemon juice, pepper, garlic, a few pinches of salt, and a quarter of a cup of water. If consistency is too thick, add more water. Store in a lidded jar in the refrigerator until ready to use. (If the tahini sauce has thickened while refrigerated, add more water, a few teaspoons at a time, to thin it out.)

Recipe and images by [Lindsey Love](#).

NEXT: [Vegetarian stuffed capsicums](#)

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('result').html(data); alert('This recipe was added to your favorites list'); }); }
```