

Moroccan Style Stuffed Acorn Squash

1 Acorn squash, halved and seeded
2 tsp olive oil
1 clove garlic, chopped
1 stalk celery, chopped
1 carrot, chopped
½ cup garbanzo beans
¼ cup raisins
2 tsp ground cumin
8 oz of low sodium chicken or vegetable broth
½ cup uncooked wholewheat couscous

Directions:

Preheat oven to 350 degrees F. Place squash facing down on a baking sheet and bake for 30 minutes, until tender. Meanwhile heat olive oil, garlic, celery, and carrots in a skillet on medium; cook for 5 minutes. Mix in garbanzo beans, raisins, and seasonings, cook and stir until vegetables are tender. Pour chicken or vegetable broth and couscous into a small pot, cover, bring to a boil, turn off heat and allow to soak for 5 minutes. Stir together couscous and vegetables and serve in cooked squash. Makes 2 servings.

Nutrition Facts	
Serving Size (543g)	
Servings Per Container	
Amount Per Serving	
Calories 430	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 90g	30%
Dietary Fiber 15g	60%
Sugars 15g	
Protein 12g	
Vitamin A 150% • Vitamin C 50%	
Calcium 15% • Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	