

moroccan stuffed squash

Serves 4

I experimented with preserved lemons a year or so ago and found that as frequently as I use citrus, I couldn't quite figure out where to use them. They have just the slightest amount of puckery lemon flavor and more of a pickled flavor instead. I found they work best as a background flavor, as they add something unique that you can't quite put your finger on, like they do in the quinoa here. Scoop out the flesh of the lemon and discard it, using only the chopped rind. I know this is an offbeat ingredient, so please don't let it deter you from making this dish. There are instructions on page 229 if you'd like to make them yourself. Alternatively, a bit of lemon or orange zest will do just fine.

This dish can stand alone as a vegetarian entrée but would also make a great side dish if made with smaller acorn squash. If you want to prepare this in advance, you can make the quinoa stuffing up to two days ahead, mixing together everything but the feta. When you are ready to serve, warm the quinoa and toss in the feta before stuffing the squash.

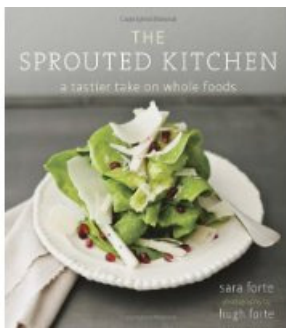
2 medium acorn squash
3 tablespoons coconut oil
Sea salt and freshly ground pepper
1 cup quinoa
1 (13.5-ounce) can light coconut milk
1 teaspoon sweet paprika
 $\frac{1}{4}$ teaspoon ground coriander
 $\frac{1}{4}$ teaspoon ground cumin
 $\frac{1}{4}$ cup thinly sliced preserved lemon peel, or 2 tablespoons grated lemon zest
2 tablespoons chopped fresh mint
3 tablespoons chopped fresh cilantro
2 tablespoons freshly squeezed orange juice
 $\frac{1}{2}$ cup pomegranate seeds
 $\frac{1}{2}$ cup feta cheese, plus more for garnish
 $\frac{1}{2}$ cup chopped toasted pistachios (optional)

Preheat the oven to 425°F. Cut the acorn squash in half lengthwise and scoop out the seeds. Rub 1 tablespoon of the coconut oil on the cut sides of the squash halves and sprinkle with salt and pepper. Place the squash, cut side down, on a baking sheet and pierce the skin a few times with a fork. Roast for 20 minutes. Flip them over and continue cooking, cut side up, until you can easily poke a knife through the flesh at its thickest part, another 10 to 20 minutes depending on its size. Remove from the oven and let cool.

While the squash are cooking, rinse the quinoa in a fine-mesh strainer. Bring the coconut

milk to a gentle boil over medium-high heat, with a pinch of salt and pepper. Add the quinoa, turn the heat down to a simmer and cover. Cook until the liquid is absorbed, 15 to 18 minutes, then turn off the heat and let the quinoa steam in the pot for 5 minutes. Add the remaining 2 tablespoons coconut oil, the paprika, coriander, and cumin to the quinoa and toss to combine. Add the preserved lemon peel, mint, cilantro, orange juice, pomegranate seeds, and feta and toss together. Taste and add salt and pepper, if necessary.

Divide the mixture between the cavities of the squash. Garnish with a sprinkle of feta and the pistachios. Serve immediately.



From *The Sprouted Kitchen: A Tastier Take on Whole Foods* by Sara Forte, Ten Speed Press (August 28, 2012), ISBN: 1607741148