

Stuffed Acorn Squash

Course - Dinner

Cuisine - American

Keyword - Stuffed Acorn Squash

Prep Time - 20 minutes

Cook Time - 60 minutes

Serving - 2+ Servings

Skill level - Easy

Author - 500 Delicious Dishes From Leftovers, 1952

Let's Make Stuffed Acorn Squash using Leftovers!

Growing up, I was that fussy kid that was particular about the type of Mac N Cheese he ate, and you bet your bottom dollar, I did not touch leftovers. There was no rhyme or reason for it - I just hated the idea of them! I would see the foods my Dad would reheat for lunch the next day and it always looked so horrible.

This is a pretty common problem with many folks today as well, where we struggle to consider eating the leftover foods that were cooked or ordered the days before.

As I grew up, I was hyper aware of how problematic this was, and still struggled with the idea of simply heating that old food back up. So, what did I do to fix this and reduce my waste? I made a new dish out of those leftovers!

When I started diving deep into vintage recipe books, I had found one of my favorites, which still to this day is special to me: 500 Delicious Dishes From Leftovers, in 1952.

This book reinforced my need for something new, using something old, and hasn't let me down yet.

So what does that have to do with Acorn Squash? I had a lot of leftover bread drying up, that I didn't want to waste!

I flipped to the chapter about recipes made from old bread and realized I also happened to have an Acorn Squash - it was kismet.

The recipe itself also mentioned that the squash could be stuffed with a variety of other ingredients, like cooked meats and more, so I dug around and found that I had some uncooked meatballs that I had frozen a month ago - Bingo.

So kick back, relax and enjoy this simple, but absolutely delicious recipe using leftovers to make Stuffed Acorn Squash!

Questions About Stuffed Acorn Squash

What if I don't have Acorn Squash?

- No problem! This recipe would translate perfectly with almost any gourd of your choice!

Can I substitute a different cheese or protein in this recipe?

- Absolutely! You should look at this recipe as a *base line* and not gospel. Look at your refrigerator and see what you can use right now that you might not use before it spoils. Almost anything will be delicious!

Can this be made Gluten-Free?

- Yes! The recipe was made to use leftover bread, but that doesn't limit you from using old rice or some gluten-free breads, if you'd prefer.

INGREDIENTS

- 1 Acorn Squash
- 1 Small Onion, diced
- 1 Cup of Bread Crumbs
- 1/2 Cup of Cheese (optional and your choice of cheese - I used Feta)
- Meat (optional and your choice of protein)
- Salt/Pepper, to taste
- Seasonings (optional)

METHOD

I'm taking the essence of the recipe but modifying it to be more efficient and easier to execute.

Begin by preheating your oven to 375°F/190°C.

Split your Acorn Squash in half, scoop out the pulp and seeds with a spoon, and generously season the inside with salt, pepper and olive oil.

Place flat-side down on a baking tray in the oven and allow to roast until tender and cooked through - 30+ minutes.

While that is roasting, dice your onion and begin to gently cook over medium heat, covered, until translucent (sweated). You can add some water to your sauté pan, which will help to cook the onions down a bit faster.

You can also add your protein to the onions and cook, if still raw. At this stage you should add any seasonings that you'd like. I added some dried thyme.

Now cut your bread into small chunks or process in a food processor. Transfer the breadcrumbs into a mixing bowl along with your cooked onion mixture.

At this stage you can add your cheese - I used a wonderful feta.

When the Acorn Squash is tender and cooked through, and you can insert a knife or cake tester effortlessly into it, remove from the oven.

Increase the heat of the oven to 400°F/200°C.

Carefully using tongs, use a spoon to scoop the inside of the squash out and combine with your onion and bread mixture until well incorporated. Scoop back into the Acorn Squash and stuff generously. Then top with more breadcrumbs and return to the oven to brown, about 5 minutes.

Remove from the oven and transfer to your favorite platters or plates.

This recipe will *easily* feed two people a half of the Acorn Squash each, but honestly, this could feed a small family, if you serve with a salad or side.

This will be good for at least 2 days in the refrigerator, but will freeze for a later date. Simply thaw and gently reheat in a slow oven until heated through.
Enjoy!

NOTES:

- This dish can be made with any vegetables, meat or cheeses that you have leftover - Get Creative!
- This is can be frozen.
- You can take this formula and replicate this with any squash. Cooking times may vary.