

Grain, Bean and Veggie Stuffed Squash

2 butternut or acorn squash, cut in half, seeded and baked

½ cup quinoa

½ cup brown basmati rice

1 – 3" piece kombu

1 tsp. celtic sea salt

2 cups water

Place quinoa, brown rice, water and kombu in a covered saucepan. Bring to a boil and simmer for 30 minutes. Let cool before using.

1 onion, chopped

2 cloves garlic, chopped

1 zucchini, chopped

2 stalks celery, chopped

1 red pepper, chopped

1 Tbsp. extra-virgin olive oil

1 Tbsp. tamari (or Bragg's)

few dashes Louisiana Gold

1 Tbsp. turmeric

1 tsp. sage leaves

1/3 cup toasted pinenuts

½ cup cooked kidney beans

½ cup chopped parsley

dulse flakes

grated goat cheese cheddar (optional)

Sauté onion and garlic in extra-virgin olive oil over medium heat. Add celery, zucchini and red pepper. Cook until softened (about 5-7 minutes). Add in seasonings, parsley, beans and cooked grains. Stir well (add goat cheese if desired). Spoon into cooked squash halves and heat (covered) at 350°F for about 20 minutes.