



Chili-Stuffed Acorn Squash



1/4th of recipe (1 stuffed squash half): 199 calories, 2g total fat (1g sat. fat), 327mg sodium, 42g carbs, 8.5g fiber, 6g sugars, 8g protein

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Prep: 15 minutes **Cook:** 35 minutes



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Ingredients

Two 20-oz. acorn squash, halved, seeds removed
1/2 cup chopped portabella mushrooms
1/3 cup chopped onion
1/3 cup chopped bell pepper
2 tbsp. seeded and chopped jalapeño pepper
3/4 cup seeded and chopped tomato
1 1/2 cups canned crushed tomatoes
1/2 cup canned black beans, drained and rinsed
1 1/2 tsp. chopped garlic
1 1/2 tsp. chili powder
3/4 tsp. ground cumin
1/4 cup shredded reduced-fat Mexican-blend cheese

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place squash halves on the baking sheet, cut sides down. Bake until soft, 25 - 30 minutes.

Meanwhile, bring a medium pot sprayed with nonstick spray to medium heat. Add mushrooms, onion, bell pepper, and jalapeño pepper. Cook and stir until partially softened, about 3 minutes. Add chopped tomato. Cook and stir until mostly softened, about 2 minutes.

Add all remaining ingredients *except* cheese to the pot. Cook and stir until hot and well mixed, about 1 minute. Remove from heat.

Remove baking sheet from oven. Flip squash halves, and evenly fill with chili mixture. Sprinkle with cheese.

Bake until cheese has melted, about 5 minutes.

MAKES 4 SERVINGS

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