Written by Launie Kettler
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In our last CSA basket for the season (sad sniffle) we had some beautiful delicata squash. And I wanted to celebrate them with a hearty stuffing that was as pretty as they were. I decided that couscous would be a natural with the squash, but instead of cooking it in chicken broth I thought it might be fun to go another way.

In this case, a sweet and spicy vegan stuffing sounded perfect. And instead of using broth or water I decided to use ginger lemon tea. When you think about it, it just makes sense. Couscous loves lemon and lemon loves ginger. Together, they would provide the basis for both the sweet and the spicy elements - which I augmented with plump dried cranberries and chili flakes.

This is a healthy side dish that was simple to make and would be perfect for Thanksgiving, especially if you have vegetarians or vegans on the guest list.

{jcomments on}

Stuffed Delicata Squash with Ginger Lemon Tea Couscous

2 delicata squash

Olive oil

Salt and pepper

1 ½ cups of brewed lemon ginger tea (Either hot or cooled is fine.)

¾ cup of couscous

1 small onion, diced

8 stalks of kale, stripped from the stalk and diced

1 teaspoon of dried chili flakes

½ cup of dried cranberries

Preheat oven to 400 degrees.

Cut the squashes in half across their length and use a spoon to scoop out the seeds and membranes. Drizzle with olive oil and season well with salt and pepper. Place on a foil lined baking sheet and bake until fork tender, about 20-30 minutes.

While the delicata is cooking, make the couscous using the tea as a substitute for water. Combine the tea, couscous and ½ a teaspoon of salt, and microwave uncovered for 8-10 minutes. If it's not done, microwave it for a couple of more minutes or until cooked. Fluff with a fork and set aside. In a small frying pan, saute the onion and kale along with salt, pepper and the teaspoon of chili flakes until the kale has cooked down and is soft. Mix together the kale and onion mixture into the couscous, along with the cranberries. Fill the squash with the mixture and serve.

Serves 4.

(Photo by Launie Kettler)

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