

Cooking at Riegelmann's

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Stuffed Acorn Squash with Mushroom, Sweet Bell Peppers, and Spinach

2 tbsp. Avocado oil
2 tsp chopped Rosemary
1/2 tsp cayenne pepper
1 Organic acorn squash
4 garlic cloves
1 cup organic cremini Mushroom
1/2 cup organic sweet bell peppers
1/2 tsp sea salt
2cup organic spinach
1/8 tsp Black pepper

1. Mix oil with rosemary and half of cayenne pepper
2. Halve acorn squash then clean inside
3. Brush inside with oil and bake at 450 Fahrenheit for 40 min
4. Heat the rest of oil in medium high heat
5. Add garlic and sauté until golden
6. Add mushrooms and sauté until fragrant and slightly browned
7. Add bell pepper and seasoning with sea salt and cayenne
8. Add spinach and stir for 2 min
9. Stuff finished stuffing in the cooked squash
10. Sprinkle pine nuts and shredded mozzarella cheese
11. Broil for 3 min then serve warm

