

## **Stuffed Acorn Squash with Steamed Brussels Sprouts and “Cheese” Sauce**

### **Stuffed Acorn Squash**

Serves 4

2 acorn squash, cut in half, seeds removed and some pulp scraped out to make room for stuffing

#### Stuffing

1 T oil	½ cup fresh parsley, chopped
½ cup chopped onions	1 t ground sage to taste
1 cup chopped celery	½ t rosemary
½ cup grated carrots	½ t thyme
Squash pulp	2 cups croutons
½ cup walnuts	½ cup water or vegetable broth
½ cup slivered almonds	Salt to taste (optional)

Over medium-high heat, cook the onions, celery and carrots in oil for a few minutes. Add the nuts, parsley and herbs. Stir in the croutons and then add the water. Stuff each half of squash with equal parts of the stuffing. Bake at 350 degrees for 45 minutes, or until squash is soft.

### **Steamed Brussels Sprouts**

Serves 4

2 cups of Brussels sprouts

Rinse Brussels sprouts, remove any brown leaves and trim ends. Cut a cross-hatch in the end. Place on steaming basket in a heavy pot, cover and steam for 5-7 minutes, or until soft.

### **“Cheese” Sauce**

Yield: 2 cups

2 cups rice or almond milk  
3 T whole wheat flour  
½ cup nutritional yeast  
½ t paprika  
¼ t turmeric  
2 T non-hydrogenated vegetable spread

Using ½ cup of the rice/almond milk, pour into the whole wheat flour and whisk until there are no lumps. Heat the rest of the liquid in a sauce pan. Add the yeast and dissolve. Add the salt, paprika and turmeric and then whisk in the flour mixture. Bring to a boil and then lower heat. If the sauce is too thick, add a little more rice or almond milk. Stir in vegetable spread before serving.

*For more information see: [www.e2se.org](http://www.e2se.org)*