

Lil' Sprouts Newsletter

Did you know?

Jack-O-lanterns have been a Halloween staple for centuries. The tradition of carving pumpkins into Jack-O-Lanterns actually originated in Ireland. The first Jack-O-Lanterns were carved from turnips, beets, or rutabagas since pumpkins did not grow in Ireland at the time. This tradition stems from the story of Stingy Jack, a man who was known by all as a deceiver and was said to have cheated the devil many times. Jack made a deal with the devil to never take his soul. So when Jack passed away he was turned away from entering both heaven and hell. His soul was left to wander the Earth. He used a hallowed out turnip with coal in it to light his way. Because of this people started to carve root vegetables and place them in windows and on doorways to frighten evil spirits and scare off Stingy Jack.

Quinoa Stuffed Jack-O-Lanterns



What you'll need:

- Veggie Box Pie Pumpkin or other squash
- Olive oil
- ½ cup Veggie Box onion, chopped
- ½ cup mushrooms, chopped
- Veggie Box garlic clove, minced
- 1 cup vegetable broth
- ½ cup uncooked quinoa
- 2 tablespoons nutritional yeast
- 1 tbsp fresh parsley, minced
- Salt and Pepper

Preheat the oven to 375°F. Slice off the bottom tip of the squashes to create a flat base. Cut off the tops and use a spoon to remove the seeds. Save the tops for later! Use a small serrated knife to carve out the faces. Brush a little olive oil all over the inside of the squashes and lightly sprinkle them with salt and black pepper. Bake until soft (about an hour). Next, heat the oil in a medium saucepan over medium heat. Add the onions and saute for about five minutes or until soft. Stir in the mushrooms and saute for 2 more minutes. Stir in the garlic and saute for just about 30 seconds. Add the broth, quinoa, nutritional yeast, parsley, salt, and black pepper, as desired. Reduce heat to low and simmer for 15 to 18 minutes or until all the water is absorbed and the quinoa is soft and fluffy. If the quinoa is still crunchy you can add more broth and simmer it for a few more minutes. Spoon the quinoa stuffing into the acorn squashes and cover them with the reserved squash tops. Reheat the finished dish, if necessary, and serve

Activity Time!

HAPPY HALLOWEEN



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