

Corn & Black Bean Stuffed Acorn Squash

Serves 4

Winter is upon us! And, squash is the abundant crop. This combination of squash, black beans and corn is remarkably filling with just the right touch of chili and cheese. The poblano and ancho chilis give a wonderful, rounded chili flavor. Ancho chilis are dried poblanos. To make the ancho powder, I minced about ½ an ancho chili in a small, fine-bladed food processor. If you prefer a milder dish, remove seeds first. If you like some heat, leave a few seeds. If you like a lot of heat, leave all the seeds!

Preheat oven – 350F

2 acorn squash, halved, seeded
1 ½ Tbsp olive oil
2 cloves garlic, minced
½ tsp ancho chili powder
½ tsp ground coriander
1 ½ c. corn, divided
½ c. stone ground cornmeal
½ tsp salt
½ c. buttermilk

1 egg
2 Tbsp olive oil
2 oz soft goat cheese
2 oz. extra sharp cheddar cheese
3 dried apricot halves, diced
1 c. black beans
1 large or 2 small poblano chilis,
roasted & seeded, then chopped
4 scallions, chopped

Place ½ garlic in olive oil; allow to infuse awhile. Then brush squash halves with garlic oil. Mix ancho chili powder and coriander. Sprinkle some of this mixture on squash. Set aside the rest for later. Blend ½ corn in food processor to finely chop. Set aside.

Mix remainder of chili powder, coriander and salt with cornmeal.

In separate bowl, whisk buttermilk, eggs and 2 tablespoons oil. Add pureed corn, whole corn, goat cheese, cheddar and remaining minced garlic. Fold in seasoned cornmeal.

Add apricots, black beans, poblanos, scallions and mix well.

Place squash halves on baking sheet. Fill with corn, bean, chili mixture. Bake for approximately 1 hour or until fork easily pierces the squash.

Estimated nutritional analysis: Cals- 430; Pro- 18g; Fat- 20g, Sat fat-9g, Carb- 50g, Sod- 521mg, Fiber- 8g

