JANE SMITH LIFESTYLE • RECIPE CARD

Southwest Turkey & Rice Stuffed Acorn Squash

with a bright lime cottage-cheese sauce



YIELD: 2 servings • PREP: 15 minutes • COOK: 40 minutes

INGREDIENTS

- 1 medium acorn squash (about 1½ lb), halved lengthwise and seeded
- 2 tsp olive oil, divided
- ½ tsp kosher salt, divided, plus a pinch for the sauce
- ¼ tsp black pepper, divided
- 1 cup cooked rice
- 8 oz 93% lean ground turkey
- ½ red bell pepper, finely diced
- ½ cup corn kernels, thawed if frozen
- ½ cup canned black beans, rinsed and drained
- 1 tbsp tomato paste
- 1 tsp chili powder
- ½ tsp ground cumin
- ½ tsp garlic powder, divided
- 2 tbsp water
- ½ cup cottage cheese
- 1 tbsp fresh lime juice
- 1 tbsp chopped cilantro (optional)

DIRECTIONS

1. Heat the oven to 400°F. Brush the cut sides of the squash with 1 tsp oil; season with 1/4 tsp salt and 1/8 tsp pepper. Place cut-side down on a lined sheet pan and roast until just tender, 28–32 minutes.
2. Meanwhile, heat the remaining 1 tsp oil in a skillet over medium-high. Add turkey, bell pepper, remaining 1/4 tsp salt, remaining 1/8 tsp pepper, chili powder, cumin and 1/4 tsp garlic powder. Cook, breaking up the turkey, until no pink remains, 6–8 minutes.
3. Stir in corn, black beans and tomato paste; cook 2 minutes. Fold in rice and water and cook until hot and cohesive, 1–2 minutes.
4. Turn squash cut-side up. Divide the turkey-rice filling between the halves and return to the oven for 8 minutes.
5. Blend cottage cheese, lime juice, 1/4 tsp garlic powder and a pinch of salt until smooth. Spoon over the squash and finish with cilantro, if using.

JANE'S NOTE

For a little extra smoky heat, add a pinch of chipotle powder to the turkey. The lime sauce keeps the filling bright and creamy.

MAKE-AHEAD & STORAGE

Refrigerate leftovers in a covered container for up to 3 days. Store the lime sauce separately. Reheat the squash covered in a 350°F oven until hot, or microwave in short intervals.