



Wise Woman
Ayurveda
Consultations &
Education for Women

Stuffed Summer Squash with Herbed Quinoa

Tender summer squash filled with fluffy quinoa, fresh herbs, and gentle spices makes a nourishing side dish or meal that feels substantial without being heavy.

Servings: 2

Preparation Time: 60 minutes

Ingredients

- ¼ cup dry **quinoa**, rinsed
- ½ cup water
- ½ teaspoon **ground coriander**
- Pinch of black pepper
- Pinch of **pink salt**
- 2 medium zucchini or 4 small pattypan squash
- 2 teaspoons **ghee** (or **make your own ghee**) or **olive oil**
- 2 tablespoons finely chopped cilantro
- 2 tablespoons finely chopped mint
- 1 tablespoon finely chopped parsley
- 2 tablespoons **sunflower seeds**
- ¼ teaspoon **pink salt**
- 1 tablespoon lime juice
- 2 tablespoons water



Optional garnish:

- Additional fresh herbs
- Lime juice
- Extra sunflower seeds

Stuffed Summer Squash with Herbed Quinoa (Cont.)



Instructions

1. Preheat the oven to 375°F (190°C).
2. Combine the quinoa, water, coriander, black pepper, and salt in a small saucepan.
3. Bring to a boil.
4. Reduce heat to low, cover, and simmer for 12-15 minutes (18-20 minutes for tri-color or red quinoa), until the water is absorbed.
5. Remove from heat and let sit, covered, for 5 minutes.
6. Fluff with a fork and allow to cool slightly before mixing with the herbs.
7. While that's cooking, toast the sunflower seeds for the stuffing preparation, either in the oven or in a dry skillet on the stove. Watch them closely as they can burn easily.
8. Slice the zucchini in half lengthwise. If using pattypan squash, cut off the tops.
9. Scoop out some of the flesh, leaving a sturdy shell about ¼ inch thick. Finely chop the removed squash flesh and set aside.
10. Place the squash shells in a baking dish.

Stuffed Summer Squash with Herbed Quinoa (Cont.)



Instructions (Cont)

11. Heat the ghee or oil in a small skillet over medium heat.
12. Add the chopped squash flesh and cook for 5–6 minutes until softened.
13. Transfer the cooked squash to a bowl and stir in the cooked quinoa, cilantro, mint, parsley, sunflower seeds, coriander, salt, lime juice, and water.
14. Fill the squash shells generously with the quinoa mixture.
15. Cover the baking dish loosely with foil.
16. Bake for 25–35 minutes, or until the squash is tender and the filling is warmed through (check the center of the squash shell to make sure it is cooked).
17. Remove the foil and bake an additional 3–5 minutes to allow the top of the filling to crisp up a little bit.
18. Remove from the oven and allow to cool for a few minutes before serving.
19. Garnish with additional herbs, sunflower seeds, or lime juice if desired.

Stuffed Summer Squash with Herbed Quinoa (Cont.)



Enjoy as a side with the **French Lentil Dal** or **Lemony Mung Dal Soup**. Top with **Fresh Cilantro Sauce** or **Pitta-Balancing Coconut Chutney**.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

