



## September 2023 One Pot Meals

### Stuffed Acorn Squash – Servings 2

1 medium acorn squash  
4 oz. ground turkey  
½ c. yellow onion, chopped  
½ c. red bell pepper, chopped

¼ tsp. black pepper  
½ tsp. garlic powder  
½ c. prepared barley  
½ c. low fat cheddar cheese



Preheat oven to 375 degrees. Cut squash in half from stem up scoop out seeds. Place squash halves, face side up, on a cookie sheet. Spray surfaces with non-stick cooking spray. Roast in oven for 45-60 minutes, until flesh is tender. In a large skillet sauté ground turkey, chopped onions and red bell pepper until turkey is cooked and vegetables are tender about 5-10 minutes. Season with black pepper and garlic powder. Add cooked barley. Stuff the squash with the turkey mixture. Top each with ¼ c cheese place in oven 2-5 minutes, until cheese is melted/

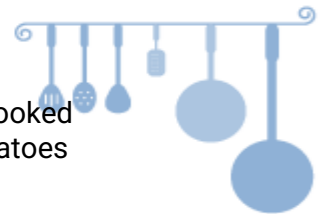
Source: Illinois Extension

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### Unstuffed Cabbage Rolls – Servings 4

1 T. oil  
1 pound ground beef, turkey, or chicken  
1 large onion diced  
1 T. minced garlic or ¾ tsp. garlic powder  
½ medium head of cabbage, shredded

1 c. whole grain rice, uncooked  
2 (15 oz) cans diced tomatoes  
2 (8 oz.) tomato sauce  
½ c. water  
½ tsp. pepper



Heat a large skillet over medium heat. Add the oil and heat until shimmering. Add the ground meat, onion, and garlic. Continue frequently stirring until the onion is tender and the ground meat is fully cooked for about 5-7 minutes. Add the cabbage, rice, and diced tomatoes with liquid, tomato sauce, water, and pepper. Cover and simmer until the rice and cabbage are tender, about 20-30 minutes.

Source: [www.nutrition.va.gov](http://www.nutrition.va.gov)

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