

Specific Carbohydrate Diet

Recipes

Inspiring
Ideas for
the Holiday
Season



Kim Braly RD
IBD Nutrition Consultant



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Recipe by *Kim Braly, RD*

STUFFED BUTTERNUT SQUASH

SCD | *grain-free* | *vegan option*

INGREDIENTS

For the beans:

- 1 C dried Navy Beans (or pre-soak beans overnight for faster cooking)
- ~3 C water, favorite stock or bone broth
- ½ tsp granulated garlic
- ½ tsp salt (or 1 tsp salt if using water above)

For the squash:

- 1 medium sized butternut squash
- 3 Tbsp avocado oil or other favorite high heat roasting oil
- 1 tsp salt
- Sprinkling of pepper
- 1 Tbsp honey

For the stuffing:

- 1 Tbsp avocado oil
- ½ medium onion, chopped
- 1/2 C mushrooms, chopped (or small zucchini diced)
- ½ C favorite seeds (I love pepita/sunflower seed mix)
- ½ C raisins

Optional: ¾ C grated parmesan cheese

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Cut off the neck of the butternut squash and remove skin using a peeler. Cube the squash of the neck into ~1/2-1" pieces and set aside.
3. Cut the squash base in half. Scoop out seeds and insides (toss or roast seeds if desired)
4. Coat squash cubes and inside of squash base with avocado oil (use a generous amount). Sprinkle everything with salt and a little pepper
5. Place cubes and squash halves (Inside down) in oven on baking sheet for 20 minutes.
6. Meanwhile –In pressure cooker, pour 1 C beans, granulated garlic, salt and stock. Make sure beans are fully submerged under water/stock. If beans are dried, set Instant Pot on High Pressure for 40 minutes. Allow to naturally release
7. Warm a skillet over low-medium heat then add in seed mixture to toast.
8. Once seeds become fragrant (~3-5 min) and lightly browned, transfer seeds to a mixing bowl
9. Add 1 Tbsp of oil and sauté diced onion until just translucent. Add diced mushrooms and cook until they reach desired consistency. Transfer onions and mushrooms to the mixing bowl with the seeds, add raisins and mix together.
10. Once 20-minute oven timer sounds, test cubed squash with a fork. If fork slides through easily, add cubed squash to the mixing bowl and drizzle with ~1 Tbsp honey.
11. Test beans: If soft Add 1 C of the cooked beans (no liquid) to the stuffing mixture and mix well. Salt entire mixture to taste at this point. Save remaining beans for nachos, soup or a salad later! You can also freeze. Beans may be a bit al dente depending on the variety. If this is the case, pressure cook on high for another 5 minutes.*
12. Test squash bases with a fork, they will likely need to roast for another 15-20 minutes until fork inserts easily.
13. Remove when finished. Flip squash and fill with the stuffing (a generous amount). Top with shredded parmesan if desired, and place back in oven for ~3 minutes on broil (enough to brown parmesan and warm stuffing back up. Remove from oven and Cut squash halves into half again and Enjoy! The stuffing is also delicious on its own as a salad/meal!

*If using pre-soaked beans, cooking time will be closer to 15-20 minutes.