

Stuffed Delicata Squash

2 small delicata squash (about 12 ounces each), halved and seeded
6 teaspoons extra-virgin olive oil, divided
1/2 teaspoon salt, divided
1/2 cup bulgur
1 cup water
1 small onion, chopped
8 ounces lean ground beef (90% or leaner)
2 tablespoons chili powder
1/2 cup nonfat or low-fat plain yogurt
4 teaspoons toasted pepitas (see Tip)

Preheat oven to 425°F.

Brush the cut sides of the squash with 2 teaspoons oil and sprinkle with 1/4 teaspoon salt. Place facedown on a large baking sheet. Bake until tender and browned on the edges, 25 to 30 minutes.

Meanwhile, bring bulgur and water to a boil in a small saucepan. Reduce heat, cover and simmer until tender and most of the liquid is absorbed, about 10 minutes. Drain well.

Heat the remaining 4 teaspoons oil in a large skillet over medium heat. Add onion; cook, stirring, until beginning to brown, 4 to 5 minutes. Add beef, chili powder and the remaining 1/4 teaspoon salt; cook, stirring and breaking up with a spoon, until the meat is cooked through, about 5 minutes. Stir in the bulgur and cook 1 minute. Stir in yogurt.

Spoon about 3/4 cup filling into each squash half. Serve sprinkled with pepitas.

Tip: For the best flavor, toast chopped nuts or seeds: Heat a dry skillet over medium-low heat. Add nuts or seeds and cook, stirring constantly, until fragrant, 2 to 4 minutes.

Adapted from chef turned farmer Heather Wiarda.