

VEGETARIAN



Harvest Stuffed Squash

and

Yellow Curry

with Squash and Crispy Spiced Tofu

Produce

Brussels sprouts, shredded, 8 ounces
Cilantro, ½ bunch
Cranberries, ½ cup *may substitute ½ cup frozen cranberries
Lemon, 1
Limes, 2
Orange, 1
Parsley, 8 stems
Squash, acorn, 3 medium

Dairy/Refrigerated

Tofu, extra-firm, 1 (14-ounce) block
Yogurt, whole-milk, plain, 4 ounces (½ cup)

Pantry

Coconut milk, full-fat, 1 (13.5-ounce) can
Fish sauce, 1 teaspoon
Olive oil, extra-virgin, 2 fluid ounces (¼ cup)
Quinoa, tricolor, uncooked, 12.6 ounces (2 cups)
Red curry paste, 2 teaspoons
Soy sauce or tamari, 2 tablespoons

Seasonings

Red pepper flakes, 1 teaspoon