**Hawaiian Stuffed Delicatta Squash**

**Produce**

sweet onion (if needed)

1 bag baby spinach

fresh mint leaves

fresh basil leaves

2 medium delicata squash or 1 large delicata squash

celery (if needed)

8 oz. fresh cut pineapple pieces *(used canned if not available)*

1 oz. pecans halves  
  
1 oz. dried cranberries

**Canned/Dried/Foods**

low sodium vegetable broth(if needed)

one 8 oz. can chunk pineapple *(if no fresh pineapple available)*

shredded coconut (if needed)

low sodium soy sauce(if needed)

rice wine vinegar (if needed)

honey (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

leftover cooked rice(from fridge at home)