

Stuffed Acorn Squash by Janette Mitchell

Prep time 1 hour | Serves 4

Ingredients:

2 acorn squash, cut in half across the rib to make 4 halves
4 tbsp olive oil, divided
1 onion, diced
2 celery stalks diced
2 cups sliced mushrooms
2 cloves of garlic minced
1 medium apple diced, skin left on
1 cup cooked wild rice
¼ cup apple juice
½ cup toasted each pecans and pistachios
3 tsp dried sage
2 tsp chopped dried rosemary
1 tsp salt
½ tsp pepper

Method:

1. Preheat oven to 400°.
2. Place 4 halves of the squash on a parchment lined baking sheet. If the squash does not sit straight, cut a bit off the bottom to level out.
3. Use an ice cream scoop to remove seeds and brush all over with 2 tablespoons olive oil. Season with salt and roast until al dente, roughly 30 minutes. Set aside when done.
4. Meanwhile, cook rice and set aside.
5. While rice is cooking, heat a large skillet over medium heat and add remaining oil. Add onions and celery stirring occasionally until translucent, about 2-3 minutes. Then add mushrooms and apples. Stir and continue cooking for 4-5 minutes until apples are tender but not falling apart.
6. Season with salt and pepper. Add garlic, remaining spices and cook until fragrant, 1-2 minute more.
7. Add nuts, apple juice and rice. Stir until combined.
8. Taste and adjust seasoning as needed. Divide mixture among the 4 squash halves.
9. Put back into the oven and cook another 10 -15 minutes or until the squash is tender and filling is warmed. Broil for last 2 mins to crisp up the top.

Cooks Note: Enjoy as a complete meal or cut each half into slices and serve as a side. For the meat eaters in the family, You could add some cooked, chopped prosciutto into the stuffing mixture. But keeping as is, is perfect for vegetarians and those that prefer a plant based meal. Also note that the skin is fully edible once cooked! Feel free to substitute the nuts for what you have on hand.