



# STUFFED ACORN SQUASH

## CORE INGREDIENTS

- 4 acorn squash
- 4 tbsp. Extra Virgin Olive Oil
- 1 large onion or two shallots
- spring of rosemary
- 3 cloves of garlic
- 1 tsp allspice
- 4-6 cups cooked wild rice

## ADD ONS

- feta crumbles or goat cheese
- sage sausage
- raisins
- toasted pumpkin seeds or nuts

## NOTES

This is a great recipe for using up leftovers that you have in your fridge! For example, if you have spinach, throw it into the rice mixture? This can also be adapted to make seasonally, substitute the acorn squash for peppers and mix in corn and black beans and you've got the summer version! There are lots of alterations to change the flavor of this yummy dish!

**1** Set oven to 400F.

**2** Cut the acorn squash in half and scoop out seeds to form "squash bowls". Put tinfoil on a tray, oil and salt squash and place face down on the tray (this allows acorns to steam and cook faster). Bake for about 45 minutes or until soft to touch, this time will vary on oven and squash size.

**3** Pour the oil into a frying pan over medium heat. Add onions and cook until translucent (about 6 minutes). (If including sausage add in and cook for about 5 minutes until the pink color is gone).

**4** Add desired seasoning - I suggest a little bit of fresh rosemary, sage, garlic, and all spice. Add this mixture to your rice along with onions. If you like cheese add feta crumbles or goat cheese, taste and add salt as needed (after the cheese if adding cheese).

**5** Add raisins and walnuts or pumpkin seeds if desired. Stuff acorns with mixture and put back in the oven for about 15 minutes.

**6** Top with toasted nuts or fresh herbs and serve!