

Portion size: ½ squash with ½ cup stuffing



Roasted Acorn Squash with Wild Rice & Pecan Stuffing

Maple glazed acorn squash stuffed with wild rice and cranberry stuffing

Yield: 6

4 lb, 8 oz	Acorn Squash	1/2 cup	Diced Onions
1 tbsp	Olive Oil	1 cup	Diced Celery
1 tbsp	Maple Syrup	1-1/2 tsp	Minced Garlic Cloves
1/4 tsp	Kosher Salt	1 tbsp	Minced Thyme
1/8 tsp	Ground Black Pepper	1/2 cup	Dried Cranberries
1/2 cup	Dry Wild Rice	1/4 tsp	Kosher Salt
2/3 cup	Chopped Pecans	1 tbsp	Extra Virgin Olive Oil
1 tbsp	Olive Oil	1 tsp	Balsamic Vinegar



Use small-medium acorn squash, about 1-1/2 pounds each. Wash and cut squash in half. Scoop out the seeds and place on a pan with the cut side up. Brush olive oil and maple syrup onto each half. Sprinkle with salt and black pepper. Roast in a preheated 350F degree oven until tender, about 20 - 30 minutes.

Place wild rice in a pot of cold water and bring to a boil, then simmer and cook until 1/3 of the rice opens, about 30 minutes. Drain and set aside. Place pecans on a pan and toast in a 300F degree oven until fragrant, about 5 minutes. Set aside.

Heat olive oil in a hot pan and sauté onions, celery and garlic until tender. Remove from pan and place in a large bowl; add the remaining ingredients: fresh thyme, dried cranberries, salt, black pepper, olive oil, balsamic vinegar, as well as the cooked wild rice and toasted pecans. Mix to incorporate. Stuff into cooked acorn squash (each will hold about 1/2 cup of stuffing). Return to oven to heat through.

Chef's Note: Small to medium pumpkins are also great for stuffing.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
427.7	7	73.3	16.3	1.8	0	226.4	18.1