



### Stuffed Acorn Squash with Wild Rice and Cranberries

*Acorn squash is a type of winter squash that is nutrient dense, and when cooked properly, is rich, buttery, and delicious! Even though they're classified as a fruit, acorn squash can be used to replace potatoes, butternut squash, and sweet potatoes in recipes because of their high carbohydrate content. This recipe is vegan and gluten-free, and it is perfect for fall. The mixture of savory & sweet flavors and crunchy & soft textures offers something for everyone's taste. It can be prepared in advance or even eaten as part of your thanksgiving meal this year. Enjoy!*

**Serving size:** 1 cup

**Yields:** 4 main dish servings

#### Ingredients

- 2 large **acorn squashes**
- 3 cups **wild rice** (measured after cooking)
- 1/2 cup **pine nuts\***
- 1 Tbsp **extra-virgin olive oil**
- 1 cup **dried cranberries** (can be replaced with raisins)
- 1/8 teaspoon **nutmeg**
- 1/8 teaspoon fine sea **salt** (or to taste)

#### Instructions

1. Preheat the oven to 350°F. Lightly grease a baking sheet or pan and set aside.
2. Slice the bottom ends of the squash off; then slice the tops of the squash off, as well. Then, slice each squash crosswise, making two halves per squash. Scoop out the membranes and seeds from each half and discard them.
3. Place each squash, cut side down, on the prepared baking sheet.
4. Roast 30-45 minutes, or until skin and flesh are very soft.
5. Remove from oven and set aside. Turn the oven up to 400°F.
6. In a large mixing bowl, combine the remaining ingredients to make the filling.
7. Turn the cooled squash halves so that the cavity is facing up. Divide the filling between each of the four halves, pressing it firmly into the cavity.
8. Bake for another 15 minutes, until warmed through.
9. Serve immediately.

**Per Serving:** Calories 398, Carbohydrates 70 g, Protein 8 g, Saturated Fat 2g, Sodium 93 mg, Fiber 7g, Sugars 30g

\* Feel free to toast the pine nuts before adding them to the filling. Just add them to a dry pan and cook over medium heat, until fragrant. Move them around the pan often so that they toast evenly and don't burn.

This recipe is featured in the October 2021 issue of Beyond the Kitchen and was adapted from A Clean Bake.

