

# Roasted Acorn Squash with Wild Rice & Pecan Stuffing Holiday

Yields: 6, serving size is: ½ acorn squash and ½ cup stuffing

Nutritional info: Calories: 434 calories, 16.4 g fat, 7 g fiber

## Ingredients:

4 ½ pounds Acorn Squash (fresh)	½ cup Yellow onion (freshly diced)
1 TBSP Maple syrup (100%)	1 cup Celery (freshly diced) ½ TBSP
¼ tsp Salt	Thyme (freshly minced)
1/8 tsp Black Pepper	½ cup dried cranberries
1 TBSP Olive oil/Canola oil blend	¼ tsp salt
½ cup Wild rice (dry)	1 TBSP EVOO
2/3 cup Pecan Pieces (chopped)	1 tsp Balsamic vinegar
	1 TBSP Olive oil/canola oil blend

## Directions

- Use small-medium acorn squash, about 1 to 1 ½ pounds each. Wash and cut in half. Scoop out seeds and place on a pan with cut side up. Brush olive oil and maple syrup onto each half. Sprinkle with salt and pepper, Roast in preheated 350F 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 300F 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 following: thyme, dried cranberries, salt, pepper, olive oil, balsamic vinegar, and cooked wild rice and toasted pecans. Mix to incorporate
- Stuff into cooked acorn squash (each will hold about ½ cup of stuffing).