

Seasonal Eating

Wild Rice and Sausage Stuffed Acorn Squash

1/4 cup wild rice
2/3 cup water
pinch kosher salt
2 acorn squash
cooking spray
kosher salt and black pepper
1/4 pound sausage
1/3 cup chopped onion
1 rib celery, chopped
4 ounces mushrooms, chopped
1/4 teaspoon garlic powder
1/4 teaspoon kosher salt
1/8 teaspoon black pepper
1 teaspoon dried parsley
1/2 teaspoon dried thyme
1/4 cup toasted chopped pecans
1/4 cup dried cranberries

Combine rice, water and a pinch of salt in a small saucepan. Bring to a boil, cover and cook for 45-50 minutes. Remove from heat and let stand 10 minutes before fluffing with a fork. Meanwhile, wash acorn squash and cut in half lengthwise. Scrape out the seeds and fiber. Spray cut sides with cooking spray and sprinkle with a little salt and pepper. Place cut side down on a parchment lined baking sheet. Bake at 425 degrees F. for 20-30 minutes or just until barely tender. In a medium sauté pan, cook the sausage, onion, celery and mushrooms until sausage is no longer pink and the vegetables are cooked down and tender. Add the garlic powder, salt, pepper, parsley and thyme during the last few minutes of cooking. Stir in the pecans, cranberries and the wild rice. Spoon the mixture into the acorn squash halves and return to the oven for 5-10 minutes, until everything is hot and edges of the squash are lightly browned and tender.