



Wild Rice & Apple Stuffed Acorn Squash

Yield: 4 servings **Serving size:** ½ squash

Ingredients

- ¼ cup (60mL) wild rice, rinsed*
- 2 small acorn squash, halved and cored
- 1 tbsp plus 2 tsp (25mL) canola oil
- ½ cup (125mL) finely chopped onion
- 2 garlic cloves, finely chopped
- 2 celery stalks, diced
- 1 large red apple, unpeeled and diced
- 1 tbsp (15mL) fresh thyme

*Tip: For convenience, use leftover or canned wild rice and omit first step.

Directions

- In glass or metal bowl, cover wild rice with 1 cup boiling water. Let sit covered for 1 hour until kernels pop, and then drain the water.
- Preheat oven to 400°F (200°C).
- Brush inside of each squash half with ½ tsp canola oil.
- Place squash, flat side down, on a parchment-lined baking sheet. Bake for 30 minutes or until squash is tender.
- Five minutes before squash finish cooking, prepare stuffing. In nonstick skillet, sauté onion, garlic and celery in remaining canola oil over medium-high heat for about 3 minutes. Add apple; cook for 2 minutes. Add rice and thyme; mix well.
- Remove squash from oven and stuff with wild rice blend. Serve.