

Stuffed Acorn Squash



Servings: 8

*4 medium acorn squash
3 tablespoons olive oil
6 ounces rice
2 1/3 cups vegetable stock
1 tablespoon sage, chopped
1 teaspoon thyme, chopped
2 celery stalks, chopped
1 onion, chopped
3/4 cup dried cranberries
1/2 cup almonds
2 tablespoons parsley, chopped*

Cut each acorn squash crosswise in half; remove and discard the seeds. Cut a thin slice off the bottom of each half to allow it to lie flat.

Place the acorn squash on a baking tray hollow side up. Brush the tops with 2 tablespoon of olive oil.

Bake in a 400°F oven for 30-35 minutes or until the acorn squash is tender. Set aside.

In a sauce pot combine rice, vegetable stock, sage, and thyme. Bring the sauce pot to a boil. Reduce the heat and place a lid on the pot. Simmer until the rice is tender and the liquid is absorbed 20-25 minutes.

Meanwhile in a large skillet sauté the celery and onion in 1 tablespoon of olive oil until tender. Stir in the dried cranberries, almonds, and parsley. Remove from the heat and stir into the rice mixture.

Fill each squash half with about 1/2 cup of the rice mixture. Return to a 400°F oven and bake uncovered until heated through about 12-15 minutes.

Serve

Per Serving (excluding unknown items): 272 Calories; 10g Fat (30.7% calories from fat); 5g Protein; 46g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 208mg Sodium; 12g Total Sugars; 0mcg Vitamin D; 113mg Calcium; 2mg Iron; 892mg Potassium; 138mg Phosphorus. Exchanges: .