

## **Wild Rice & Mushroom Stuffed Acorn Squash**

2 medium-sized acorn squash

4 Tablespoons Ultra-Premium olive oil

8 oz. mushrooms, sliced

1 large shallot, chopped

2 celery stalks, chopped

2 cups chicken or vegetable broth

1 ¼ cups wild rice blend, uncooked

½ cup toasted walnuts, chopped

½ teaspoon fresh or dried thyme

¼ cup fresh parsley, chopped

1 tablespoon Garlic Infused Olive Oil

2 teaspoons sea salt

Fresh ground pepper to taste

½ cup fresh grated Parmesan (optional)

### **INSTRUCTIONS**

#### **ACORN SQUASH**

To bake the acorn squash, reheat your oven to 400°F and line a baking sheet with parchment paper.

Cut each acorn squash in half lengthwise and remove the seeds/strings. Rub the cut sides with 1 tablespoon of garlic olive oil. Season each half with salt and pepper.

Lay them cut side down on the baking sheet and roast for about 30-40 minutes, or until a fork easily pierces through the center.

Remove the squash from the oven and allow it to cool on the baking sheet for 15 minutes before handling.

#### **WILD RICE AND MUSHROOMS**

Prepare the stuffing while the acorn squash is in the oven.

Sauté the onion and celery in a saucepan with a bit of olive oil, just until they begin to change color and texture. About 5 minutes.

Add the broth, wild rice, and thyme to the pot. Cover and bring to a simmer. Lower the heat and simmer for 40-45 minutes, or until the rice is fully cooked. If the rice is still firm after cooking, add 1-2 Tablespoons broth and cook slightly longer.

While the rice cooks, add a bit of oil to the bottom of a skillet and sauté the mushrooms until they are tender. About 10-15 minutes.

Add the cooked mushrooms, parsley and walnuts into the pot with the fully cooked wild rice and mix to incorporate well. Check and adjust seasoning with additional salt and pepper, if desired.

Stuff each acorn squash half with the wild rice mixture stuffed side up, top with cheese and bake for an additional 8-10 minutes until the tops are bubbly and golden brown.