



55 E. Galena St. Butte, MT 59701

Acorn Squash & Wild Rice Stuffing

From Indigikitchen.com

Makes 4 Servings

Ingredients

- 2 acorn squash
- 1 cup cooked wild rice- make according to wild rice instructions
- 2 tbsp avocado oil- can substitute sunflower oil or olive oil
- 1 lb wild game sausage- can substitute ground meat
- 3 cloves garlic- minced
- 1/4 cup green onions- sliced
- 1/2 cup fresh spinach- optional
- 1 pinch of salt & pepper to taste

Directions

1. If wild rice is uncooked, prepare wild rice according to instructions
2. Cut acorn squash in half and scoop out seeds. Brush with oil and turn cut side down on a cookie sheet. Bake at 425° for 20 minutes or until flesh is tender.
3. Brown ground sausage on medium heat. When fully cooked, add garlic and cut wild onions. If including spinach, add fresh spinach to pan and stir until wilted.
4. Remove squash from oven and turn squash so cut side is up. Allow squash to cool for 10 minutes so it will be easier to work with. You may have to cut the bottom so squash will sit flat.
5. With a spoon, enlarge the “bowl” part of the squash. The larger the hole, the more filling it will hold.
6. Add wild rice to meat mixture and mix. Gently scoop stuffing into squash and sprinkle with salt, pepper and chili powder (optional).
7. Bake at 425° for 5 more minutes until top of squash is golden brown.

Nutrition per serving

Calories	329.09 kcal	16%
Total Fat	15.3g	22%
Carbs	24.78g	10%
Sugars	0.46g	1%
Protein	25.96g	52%
Sodium	144.38mg	7%
Fiber	3.13g	11%

Percent Daily Values based on a 2,000 calorie diet.