



*Delicata squash may be petite compared to other squash, but they have just as much nutritional value, with plenty of vitamins, anti-inflammatory properties, and antioxidants. The long, oval boat shape of these gently striped, cream-colored squashes makes them perfect vessels for a savory wild rice stuffing. They make a dynamic entrée or side dish for any autumn or winter table. Serves 4. Use this **RECIPE** below.*



Delicata Squash with Wild Rice Stuffing



YOU WILL NEED

- + 2 delicata squash, halved lengthwise, seeds and strings removed (about 12 ounces each)
- + ½ tsp freshly ground pepper
- + ½ cup wild rice blend
- + 2½ cups mushroom broth, divided (suggested brand: Pacific Natural Foods)
- + 3 cups crimini mushrooms, diced (about ½ pound)
- + 2 cups fresh fennel, diced
- + 1½ cups onion, peeled and diced
- + ¼ cup currants
- + 1 Tbsp Bragg Liquid Aminos or reduced-sodium tamari
- + 1 Tbsp fresh thyme, chopped
- + ¼ tsp freshly ground pepper
- + 2 cups kale, chopped (about 1½ ounces)

INSTRUCTIONS

- 1 Preheat oven to 375° F. Season squash halves with pepper. Place, cut sides down, in a 9"x13" baking dish. Add ½ cup water to the baking dish. Bake until squash is tender, about 30 to 40 minutes. Remove from oven. Cover with foil to keep warm.
- 2 While squash is baking, cook rice blend according to package instructions, substituting 1 cup mushroom broth for the water.
- 3 In a large, heavy-bottomed saucepan over high heat, bring mushrooms, fennel, onion remaining ½ cups mushroom broth, currants, liquid aminos, thyme, sage, and pepper to a boil. Reduce heat to medium and cook until vegetables are soft and liquid is mostly evaporated, 15–20 minutes..
- 4 Add kale and cook until softened, 1–2 minutes. Add cooked rice and taste for seasoning. Continue to cook for another few minutes if necessary to heat through.
- 5 Turn squash halves cut side up. Stuff each squash half with about ¾ cup of the rice filling. (The squash can be prepared up to this point and refrigerated 2 to 3 days in advance. To reheat, cover squash with foil and bake at 325°F until hot in the center, about 30 minutes.) Serve warm.

NUTRITIONAL INFO

SERVINGS 4 | **AMOUNT PER SERVING** 1 squash half | **CALORIES** 144 | **CALORIES FROM FAT** 9
% DAILY VALUE* Fat 1g 2% | Sodium 566mg 24% | Carbohydrate 41g 14% | Dietary Fiber 7g 28%
 Protein 7g 14% | Sugars 15g

EXCELLENT SOURCE OF: Fiber, Vitamin A, Vitamin B2, B6, Folate, Potassium, Copper

GOOD SOURCE OF: Vitamin B1, B3, Calcium, Magnesium, Iron, Phosphorus, Zinc
 [nutritional category not listed equals zero]

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:



Cut out this handy **SHOPPING LIST** and take it with you to the grocery store to make sure you don't miss any crucial ingredients!



*Delicata Squash
with Wild Rice Stuffing*
SHOPPING LIST

PRODUCE

- 2 12 oz delicata squash
- fresh fennel
- onion
- kale
- crimini mushroom
- currants
- fresh thyme

PANTRY

- wild rice blend
- mushroom broth
(suggested brand: Pacific Natural Foods)
- Bragg Liquid Aminos or reduced-sodium tamari
- freshly ground pepper

TOOLS

- baking dish, and sauce pan