

# Acorn Squash with Wild Rice Stuffing

## INGREDIENTS\*

- ½ cup **wild rice**
- 2 squash for stuffing – acorn, carnival, or sweet dumpling squash will also work well
- **Vegetable oil**
- Salt and pepper
- ½ pound **ground bison**
- 1 small **onion**, chopped
- 1-2 ribs **celery**, chopped
- ½ teaspoon rubbed sage OR 4 fresh sage leaves, minced
- ½ teaspoon garlic powder OR 2-4 cloves fresh garlic, minced
- ½ teaspoon oregano OR Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 - 4 oz. can mushrooms, drained (optional, but delicious)
- ½ cup **dried fruit and nut mix** OR ¼ cup **dried cherries** and ¼ cup mixed nuts

Source: LTBB Odawak FDPIR and Community Health programs

\*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

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## INSTRUCTIONS

1. Wash your hands before preparing food.
2. Prepare the wild rice: rinse wild rice in water, drain and add to 3 cups water in medium-sized pan. Bring to a boil, and reduce heat to maintain a gentle simmer. Cover and cook until rice is tender, about 30-45 minutes. Drain excess liquid.
3. While rice is cooking, prepare the squash: preheat oven to 375°F. Wash the outside of the squash, and slice in half. Scoop out seeds and discard.
4. Brush cut sides of squash with vegetable oil and sprinkle with salt and pepper. Place squash in baking dish cut side up, and cover loosely with aluminum foil. Roast squash until tender when poked with a fork or paring knife, about 30 to 50 minutes, remove from oven.
5. While the squash is roasting, prepare filling by sautéing ground bison with chopped onion, celery and spices until meat is cooked through and vegetables are soft. Add mushrooms, cooked wild rice, and dried fruit and nut mix. Stir gently until well mixed. Taste and adjust for spices.
6. Divide the filling between the squash halves, use a spoon to fill the squash bowls and mound the filling on top.
7. Cover the pan with the foil and return to oven until hot through, about 15-20 minutes. If you have a food thermometer, 165°F is perfect.
8. Serve immediately and offer salt and pepper.



### NOTES AND IDEAS:

- Squash may be stuffed with a variety of meats, legumes, vegetables, grains, nuts and spices.
- For a hint of sweet, try drizzling a bit of maple syrup over the top before serving.

