

Acorn Squash with Wild Rice Stuffing

Ingredients:

- 2/3 cup uncooked wild rice
- 1 teaspoon olive oil, divided
- 4 (1-lb.) acorn squashes, halved lengthwise and seeded
- 3/4 teaspoon kosher salt, divided
- 2 (3-oz.) sweet Italian turkey sausage links, casings removed
- 1 cup chopped yellow onion
- 1/2 cup chopped celery
- 3 ounces fresh shiitake mushrooms, chopped
- 1 tablespoon minced garlic
- 1 teaspoon fresh thyme leaves
- 1 (6-oz.) pkg. fresh spinach
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon black pepper



Directions:

1. Cook rice according to package directions. Preheat oven to 425°F.
2. Brush 1/2 teaspoon oil over cut sides of squashes; top with 1/2 teaspoon salt. Place squashes, cut sides down, on a parchment paper-lined baking sheet. Bake at 425°F for 20 minutes or until almost tender. Remove from oven.
3. Heat remaining 1/2 teaspoon oil in a large skillet over medium. Add sausage; cook 3 minutes, stirring to crumble. Add onion and celery; cook 5 minutes. Add mushrooms; cook 4 minutes. Add garlic and thyme; cook 1 minute. Add spinach, stirring until wilted. Remove pan from heat; stir in cooked rice, remaining 1/4 teaspoon salt, parsley, juice, and pepper.
4. Spoon about 1/2 cup rice mixture into each squash half. Bake at 425°F for 10 minutes or until squash halves are tender and lightly browned.

Nutritional Information:

Servings: 16 • Size: 1/4 stuffed acorn squash

Calories: 99 • **Fat:** 1.5 g • **Carb:** 19 g • **Fiber:** 3 g • **Protein:** 4.5 g • **Sugar:** 3.5 g

Sodium: 149 mg