

Stuffed Delicata Squash Recipe

Ingredients:

- 3 Delicata Squashes
- Wild rice- 1 cup
- Vegetable broth- 2 cups
- Mushrooms- 1 cup
- 2 cloves of Garlic
- 1 Onion
- Fresh cranberries- ¼ cup
- Pine nuts- ¼ cup
- Fresh rosemary- 1 tbs
- Fresh sage- 2 tbs
- Fresh parsley- ¼ cup
- 3 Qt Casserole dish

Instructions:

1. Preheat oven to 350, cut the squash in half lengthwise, scoop out the seeds, place upside down in a casserole dish in an inch of water. Bake for 20-30 minutes, until you can easily pierce it with a fork.
2. Bring two cups of vegetable broth to a boil over high heat, add 1 cup wild rice, and cranberries, cover, and turn down the heat as low as possible, cook for 45 minutes. Do not remove the lid until after 45 minutes! Check the rice to make sure it's fully cooked and there's no standing water.
3. Chop the onion, mince the garlic, chop the mushrooms. Sautee mushrooms garlic and onion in oil, once done add to rice along with the herbs and pine nuts.
4. Fill your delicata squash, and serve.