

Wild Rice and Quinoa Stuffed Acorn Squash

Servings: 6 as a side dish

Ingredients:

- 3 medium acorn squash, halved lengthwise and seeds removed
- 1/2 cup uncooked wild rice
- 1 cup uncooked brown rice
- 1 tablespoon extra-virgin olive oil
- 2 leeks (white and pale green parts), cleaned well and chopped
- 1/2 cup chopped celery
- 1 teaspoon dried sage
- 1 teaspoon salt, divided
- 1/4 teaspoon black pepper, or to taste
- 1/2 cup dried cranberries
- 1/3 cup dried apricots, chopped
- 1/3 cup chopped pecans or walnuts
- 1 teaspoon orange zest (from one orange)
- 1/4 cup parsley, chopped
- 1/2 cup fresh orange juice (from one orange)
- 1/3 cup grated parmesan cheese

Directions:

1. Preheat oven to 400°F. Rub the inside of the squash halves with olive oil and sprinkle with salt and pepper. Arrange squash halves cut side up on a baking sheet. Bake until tender, 25 to 30 minutes.
2. Meanwhile, in a large saucepan, bring 3 cups of water to a boil. Add wild and brown rice and 1/2 teaspoon salt. Reduce heat, cover and simmer until rice is tender, about 45 minutes. Turn off the heat and let sit, covered, for 15 minutes.
3. In a large skillet, heat oil over medium heat. Add leeks, celery, sage, 1/2 teaspoon salt and pepper. Cook, stirring often, until vegetables begin to soften, about 3 minutes. Add dried fruits and nuts and cook, stirring often, until heated through. Using a fork, fluff the brown rice mixture and add to the skillet. Add the orange zest, parsley and orange juice and mix until heated through. Adjust the salt and pepper if needed.
4. Remove squash from oven and turn up heat to 500°F. Spoon the filling into each squash hollow and sprinkle evenly with parmesan cheese. Place squash back in oven and heat for another 5 minutes or until cheese is browned slightly.