

Stuffed Winter Squash

serves 6-8

This is a hearty and nourishing main course. It makes a beautiful presentation and is delicious. Add a salad or green vegetable for a complete meal.

**3 winter squash; for this I prefer
delicata, buttercup, sunshine,
or any kabocha**

**1 1/2 cups brown basmati or
heirloom red or black rice**

1 tsp. olive oil

1 tsp. tamari

1/2 tsp. salt

1/2 tsp. dried basil

1 1/2 cups wild rice

1 tsp. olive oil

1 tsp. balsamic vinegar

1/2 tsp. tamari

1/4 tsp. granulated garlic

1/2 tsp. salt

1/4 tsp. black pepper

5 3/4 c. vegetable stock

2 T. olive oil

1 c. onion, 1/2" dice

2 cloves garlic, minced

1/2 c. sweet red pepper, 1/2" dice

**1 c. mushrooms, white, crimini, or
portabella, 1/2" slices**

1 tsp. balsamic vinegar

1/2 tsp. salt

1/4 tsp. black pepper

1/2 tsp. dried basil

1/4 tsp. granulated garlic

1/2 c. chopped walnuts

2 1/2 c. shredded cheddar

Preheat the oven to 375°. Cut the winter squash in half horizontally, as evenly as possible. Scoop out the seeds and scrape out the fibrous threads, leaving the flesh intact. Place the squash halves on a baking sheet, flesh side down, add water to 1/4" depth, and bake in oven until the flesh is tender but still intact, about 35-55 minutes. Flip the squash halves up-right and set aside.

Heat the brown rice in a small pot with the olive oil on medium high heat for a minute. Add the tamari, salt, basil, and 2 3/4 c. stock, Bring to a boil, stir, put a tight lid on the pot, turn the heat to low, and cook for 45 minutes. Place the wild rice in a pot with the olive oil, vinegar, garlic, paprika, salt, pepper, and 3 c. stock. Bring to a boil, turn heat to low, cover tightly, and cook for 50 minutes. If there is still wetness in the pot, cook a few minutes longer. Set aside both rices.

Meanwhile, heat the 2 T. olive oil in a frying pan on medium high heat. Sauté' the onion and garlic 5 minutes. Add the mushrooms and peppers and sauté' another 10 minutes. Add the balsamic, salt, pepper, and basil, and sauté' another 5 minutes. Remove from heat.

Mix in a bowl: both rices, the sautéed veggies, nuts, and 3/4 c. of the shredded cheese. Taste and adjust seasoning as desired. Scoop the filling into the squash cavities, keeping your edges neat for a nice presentation. Sprinkle the remaining cheese on top of the filling. Bake at 350° until bubbly and hot, about 30 minutes.