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Wild Rice Stuffed Acorn Squash

41 reviews

Made
63
time
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1

Recipe by: sherry

"A filling vegetarian main course dish, squash stuffed with stuffing and rice!"

ADVERTISEMENT

Ingredients

8 187

Original recipe yields 8 servings

8

Adjust

☐ US ☐ Metric

Nutrition

Amount per serving (8 total)

Calories: 187 kcal 9%
Fat: 2.1 g 3%
Carbs: 39.2g 13%
Protein: 5.1 g 10%
Cholesterol: 3 mg < 1%
Sodium: 637 mg 25%

Based on a 2,000 calorie diet

See full nutrition

On Sale

What's on sale near you. ☐ OnOff



Lucky
715 E El Camino Real
MOUNTAIN VIEW, CA 94040



Save Mart Supermarket
2610 El Camino Real
SANTA CLARA, CA 95051



Food Maxx
39966 Cedar Blvd
NEWARK, CA 94560

These nearby stores have ingredients on sale!

+

Find the closest stores (uses your location)



+2 acorn squash, halved and seeded



+1 (6 ounce) package dry corn bread stuffing mix



+2 teaspoons butter



+1 onion, diced



+1 clove garlic, minced



+1 cup chopped fresh mushrooms

Mushrooms Regular

\$3.49 - Expires in 4 days



+1 cup long grain and wild rice mix



+2 sprigs fresh sage, chopped



+2 cups vegetable stock



+Add all ingredients to list

Directions

Prep

30 m

Cook

1 h

Ready In

1 h 30 m

counter(item)

Preheat an oven to 350 degrees F (175 degrees C). Lightly grease 2 baking pans, and place the cleaned-out squash, cut sides down, into the pans. Bake in the preheated oven until barely soft to the touch, about 25 minutes.

counter(item)

Make the stuffing mix as instructed on the package, and set aside.

counter(item)

Melt the butter over medium heat in a saucepan, and cook and stir the onion and garlic until the onion is translucent, about 10 minutes. Stir in the mushrooms, and cook and stir until they give up their juice, about 5 more minutes. Add the rice mix and sage, and cook and stir the rice and vegetables until the vegetables begin to brown, about 5 minutes. Pour in the vegetable stock, stir to combine, cover, and reduce heat. Simmer the rice mixture until tender, 30 to 40 minutes.

counter(item)

Lightly mix the cooked rice mixture with the stuffing in a bowl, and pile the mixture into the centers of the squash without packing it. Return the stuffed squash to the oven and bake until the squash are tender and the stuffing is hot, about 15 more minutes.

Footnotes

Tip

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

I made it!

Share

Reviews

41



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TerraMartia

0 65 7

11/10/2010

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Catherine Corn

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Not a hit, but worth the try, we prefer the sweeter versions.

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This recipe is fantastic. I ignored the order of the instructions as indicated in other reviews which was helpful. I made the rice and stuffing individually using broth instead of water. I sa...

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0
478 72

11/14/2009

This was fantastic. The only problem was that the recipe is listed in a bad order, I'm going to make it in the exact opposite order next time. It was also very good with little cubes of chicken...

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5 87 5

12/7/2009

Delicious! Im a vegetarian, and I had this as my main course for Thanksgiving. It was amazing. I did tweak it a bit by adding poultry seasoning instead of the fresh sage, and I added dried cr...

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0 161 117

12/17/2010

Very good - the directions are definitely backwards - 1) start the rice first (I added celery and carrot), 2) then do the stuffing (on the stove top), 3) then bake the squash. I think the

squash...

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2 21 9

11/11/2009

Stuffing was alittle dry might try adding some cheese to give it some moisture.

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0 43 2

11/16/2011

I improvised some, but this was a fantastic meal! I had to cook the squash about 10 min longer than the recipe indicated in both places. I don't care for mushrooms, I didn't have any sage, and I...

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0 38 1

11/18/2009

Very nice fall meal. I added diced cooked chicken in the mixture and drizzled extra stock on top to keep it from getting too dry. I will sprinkle pecans on top next time to add a little textur...

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0 54 5

10/22/2011

If you are veg, try and give this dish moisture by adding sliced apple. Ooooh so yum. I am not veg, but I add apple suasage slices to this. Again for the meat eaters out there, YUMMY. The sausag...

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12/5/2010

Not a hit, but worth the try, we prefer the sweeter versions.

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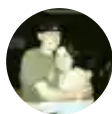
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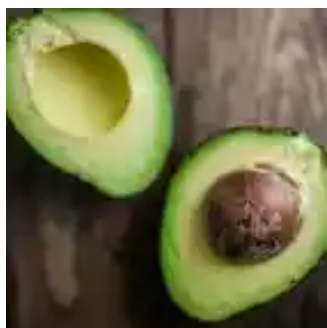
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