

Roasted Squash Stuffed with Corn Bread Dressing

Yield
10 servings (serving size: 1 stuffed squash half)

November 2002
COOKING LIGHT

Thanksgiving just wouldn't be the same without a side of squash or dressing, now would it? This holiday staple hybrid simplifies the menu without the expense of losing the beloved fall feast favorites. Prep-ahead tip: You can save time and stress in the kitchen by making the Maple Corn Bread and roasting the squash (refrigerate up to 2 days) in advance. Which means all you'll have to do on Thanksgiving Day is assemble and bake.

Ingredients

- 7 1/2 cups (1/2-inch) cubed Maple Corn Bread
- Cooking spray
- 5 acorn squash (about 1 pound each)
- 4 cups boiling water, divided
- 1 cup dried cranberries
- 1/4 cup dried currants
- 2 teaspoons olive oil
- 1 cup finely chopped onion
- 1 cup finely chopped celery
- 1 cup finely chopped carrot
- 2 tablespoons chopped fresh sage
- 3 garlic cloves, minced
- 1 cup vegetable broth
- 1/4 cup chopped pecans, toasted
- 2 tablespoons finely chopped fresh parsley
- 3/4 teaspoon fine sea salt
- 1/4 teaspoon black pepper

Nutritional Information

- Calories 398, • Caloriesfromfat 23%, • Fat 10.2g, • Satfat 4.1g, • Monofat 3.8g, • Polyfat 1.6g, • Protein 6.5g, • Carbohydrate 74.2g, • Fiber 7.7g, • Cholesterol 16mg, • Iron 3.8mg, • Sodium 732mg, • Calcium 198mg.

How to Make It

- Step 1** Preheat oven to 400°.
- Step 2** Arrange corn bread cubes in a single layer on a jelly roll pan coated with cooking spray. Bake at 400° for 30 minutes or until corn bread is toasted, stirring twice. Set aside.
- Step 3** Decrease oven temperature to 350°.
- Step 4** Cut each squash in half lengthwise, and discard the seeds and membranes. Place the squash, cut sides down, in a 13 x 9-inch baking pan. Coat the squash with cooking spray. Pour 2 cups of boiling water over squash. Cover and bake at 350° for 20 minutes. Remove the squash from pan.
- Step 5** Place cranberries, currants, and 2 cups boiling water in a bowl. Cover and let stand 30 minutes. Drain.
- Step 6** Heat oil in a large nonstick skillet over medium-high heat. Add onion; saute 5 minutes. Add celery, carrot, sage, and garlic; saute 3 minutes.
- Step 7** Combine toasted corn bread cubes, cranberry mixture, onion mixture, broth, and remaining ingredients in a bowl, tossing to coat.
- Step 8** Spoon about 1 1/2 cups dressing mixture into each squash half. Place the squash halves in pan, cut sides up.
- Step 9** Bake at 350° for 30 minutes or until the tip of a knife pierces squash easily.
- Step 10** Totals include Maple Corn Bread.

EllenDeller's Review

Nc1kwa
November 07, 2013

My husband & I agree that this is really fabulous, but in part because instead of a relatively tasteless acorn squash, I used a bright orange kombucha squash from the farmer's market. I also roasted the squash a bit longer and did not use water--just oiled it, sprinkled it with garlic salt

and put it face down on foil. I didn't find this dry at all, though one could always just add more chicken stock for extra moisture. I also soaked the dried fruit just five minutes; more might have leached out the flavor. So good! Served with some turkey breakfast links and braised greens.

SandiMcMc's Review

SandiMcMc

January 01, 2012

I made this dish for our Cooking Light Virtual Supper Club. Here's the link- <http://whistlestopcooking.blogspot.com/2011/11/cooking-light-autumn-harvest.html> I thought it was a perfect Autumn Harvest dish ~ hearty and filling. . . but I confess, I missed the butter! I used cornbread stuffing and left out the currants. I'd make it again!

rstarrlemaitre's Review

rstarrlemaitre

January 08, 2011

Agreed that it is labor intensive - but worth it! A wonderful blend of savory, spicy, and sweet. The corn bread stuffing was so good that the squash underneath almost felt like an afterthought - though still yummy. I would recommend adding another 15 or 20 minutes to the bake time, to make the squash more tender.

bmv0220's Review

bmv0220

November 13, 2010

I'm not one to rate a lot of recipes, so just know I'm serious when I say this was dynamite. I did add some apple chicken sausage to the stuffing mixture, but think next time I will just serve the sausage on the side. The cornbread stuffing is a must, and along with the nuts and cranberries, really makes the dish something special. I really can't wait to make this again soon.

Jana67's Review

EllenDeller

December 24, 2009

Ugh. I followed the recipe to a T and the stuffing was too dry for our liking. The second bake must have dried it out. If I bother to try it again I

would probably cover it rather than crisp the top.

iamkarat's Review

iamkarat

November 21, 2009

very labor intensive, flavor was good but stuffing was a little dry - could use some butter to give it more body. the acorn squash was just OK, needs more flavor, maybe some parmesan.

Nclkwa's Review

Jana67

December 05, 2008

Great entree the best corn bread stuffing I have made and great comfort food. I changed a few items to make it vegan and used it for a thanksgiving entree