**ROASTED SQUASH WITH WILD RICE**

**Roasted Squash with Wild Rice**  
by Andrew Regnier, Zabar's Executive Chef  
This week we’re sharing one of my favorite fall recipes, **Roasted Squash with Wild Rice**. It’s so flavorful: a touch sweet, very savory, nutty and filling. It’s a great full meal or share it as a side dish with tenderly cooked meats. But my favorite part of this simple to prepare dish is that it’s very festive and fun on the table! Cook it up today and enjoy!  
Serves 6 – 8 people, 6 total squash halves  
  
**INGREDIENTS**  
1. 1 ½ cup wild rice  
2. 2/3 carrot (shredded on cheese grater)  
3. 1 medium yellow onion (diced small)  
4. 1 red bell pepper (diced small)  
5. 1 cup corn, frozen or fresh  
6. ½ cup dried cranberries  
7. 1 bunch baby spinach (cleaned)  
8. 3 cups vegetable stock or water  
9. 1 teaspoon salt  
10. 2 Tablespoons Olive oil or melted butter  
11. ½ Tablespoon brown sugar  
12. Optional: 1/3 cup toasted slivered almonds  
13. 3 small acorn squash or small pie pumpkins, sweet dumpling squash or carnival squash (at the store we use any of the above)  
  
**PREPARATION**  
Preheat oven to 350 degrees  
  
Cut the squash in half-length wise and clean out the cavity of seeds and fibers. Coat the inside with olive oil or butter, a ½ teaspoon salt and brown sugar. Place the squash cut side up on a backing sheet or Pyrex dish and bake approximately 25 minutes until just soft, then turn over to drain any liquid.  
  
To cook the wild rice: Use 1½ cup of uncooked wild rice with 3 cups of vegetable stock and simmer slowly until the rice begins to pop open, about 30-40 minutes.  
  
In a sauce pan sauté the onion, bell pepper, carrot and corn. When the rice is ready combine the rice, sautéed vegetables, baby spinach, remaining ½ teaspoon salt and dried cranberries.  
  
Stuff the squash with the entire mixture and reheat in a 350 degree oven before serving. Enjoy!