

Stuffed Squash

Adapted from thekitchn.com



SERVES 4 PEOPLE

INGREDIENTS:

- 2 acorn, delicata, dumpling, or carnival squash, cut in half through the stem and seeded
- 2 teaspoons olive oil, plus more for oiling the squash and dish
- 3/4 teaspoon kosher salt
- 1 cup chopped leeks or mild onion
- 1 cup chopped apple
- Freshly ground pepper
- 2 cups sliced tender greens (such as spinach, kale, swiss chard), cut into ribbons
- 4 fresh sage leaves, coarsely chopped
- 1/2 cup dried cranberries
- 2 cups cooked rice (or millet or quinoa)
- *Optional: 6 ounces Italian sausage or chopped fried bacon, 1/2 cup grated cheese*

DIRECTIONS:

1. Preheat oven to 375°F. Rub the flesh of each squash half with olive oil and oil an ovenproof dish or baking sheet. Lay the squash flesh-side down in the dish and bake until it is very tender when pricked with a fork, 30-40 minutes. Remove squash from oven and increase temperature to 425°F.
2. While squash is baking, heat remaining 1 tsp olive oil in large skillet over medium heat. Add the leeks (or onions) to hot oil and cook until soft, about 3 minutes. Add the apple, 1/4 teaspoon salt, and pepper and cook for another minute. Add the greens, sage, cooked rice, and cranberries and cook for another minute, stirring to combine. Remove from heat, taste, and adjust salt and pepper if needed.
3. Flip the cooked squash over in the baking dish so it is flesh-side up (watch out for steam!). Scoop the one quarter of the filling into the cavity of each squash half, piling it into a mound so that it holds as much as possible! Bake until top is browned and crispy, about 10 minutes.

OPTIONAL ADDITIONS

- **Sausage:** In step 2, first fry the sausage in hot oil until browned, breaking up into small pieces. Set sausage aside and continue recipe as written, adding the sausage back into the mix with the cooked rice.
- **Bacon:** Add cooked, chopped bacon in with cooked rice in step 2.
- **Cheese:** Top filled squash with grated cheese before baking in step 3.

DEMO VIDEO: search "Concrete Farm to School Stuffed Squash" on Youtube

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