

Acorn Squash Recipes

Stuffed Acorn Squash with Sausage & Cranberries

Source: Dining with Alice, www.diningwithalice.com

- 2 acorn Squash
- 2 T Olive Oil
- 1 tsp Salt
- 1 lb Mild Italian Sausage (seasoned)
- 1 (15 oz can, drained) Cooked Wild Rice
- 2 tsp Brown Sugar
- ½ c Chopped Curly Parsley
- 1 c Dried Cranberries
- Garnish (optional): Pomegranate or Pepita seeds

Instructions

- A. Preheat oven to 350
- B. Slice each squash in half, and remove seeds. (Do not peel).
- C. Place the four squash pieces on a jelly roll pan on parchment paper. Drizzle on 2 T olive oil and sprinkle on salt.
- D. Bake 45 minutes.
- E. While the squash is roasting, heat a cast-iron pan over medium-low heat. To the pan, add Italian sausage.
- F. Once the sausage has browned, add the cooked wild rice (drained) and the brown sugar. Stir to combine. Cook until the wild rice is warmed.
- G. Once the wild rice sausage mixture is warmed. Add the chopped parsley and dried cranberries. Keep the mixture warm.
- H. When the squash has finished cooking, stuff the squash pieces with the warmed wild rice mixture.
- I. If desired, garnish with pomegranate seeds or pepitas. You could also add a crumbled cheese like queso fresco (which will add a soft salty texture to the meal).

(more, next page)

Vegan Stuffed Acorn Squash

Source: Make it Dairy Free, www.makeitdairyfree.com/vegan-stuffed-acorn-squash/

2 acorn squash, halved from stem to bottom and deseeded

5 T vegan butter, divided

2 T maple syrup

1 sweet onion, diced

1 rib celery, diced

1 large carrot, diced

4 oz baby bella mushrooms, diced

6 cloves garlic, minced

1 c chickpeas, drained and rinsed

1 c vegetable stock

3 sprigs thyme, leaves removed

1 T rosemary, chopped

1 T sage, chopped

½ tsp salt

½ tsp pepper

1 ¼ c dried seasoned stuffing mix (or bread croutons)

½ c pecans, roasted and chopped

1 med Granny Smith apple, peeled and diced

¼ c dried cranberries

Instructions

Preheat oven to 350 F. Cut a small piece off the skin of the squash, so it will sit flat on a baking sheet.

In a small bowl, melt 1 T vegan butter. Stir in maple syrup. Brush evenly over the flesh side of the squash.

In a large skillet over medium heat, melt remaining butter. Once melted, add in onions, celery and carrots. Saute for 4-6 min. or until onions have softened.

Add mushrooms, garlic and chickpeas. Stir and let cook an additional 2 min.

Add in stock, thyme, rosemary, sage, salt and pepper. Stir well, cook another 2 min. Remove from heat.

Add dried stuffing mixture and stir well, making sure all pieces are coated in the stock. Stir in toasted pecans, apples and cranberries.

Fill each squash with mixture. You can heap them, but don't overfill. There may be some mixture left over.

Cover tightly with foil and bake 30 min. Then remove foil and cook another 15 min. or until the flesh of the squash is easily pierced with a fork. Serve warm.

Baked Acorn Squash with Brown Sugar

Source: Allrecipes

- 1 acorn squash
- 2 T salted butter
- ¼ cup loosely packed brown sugar

Instructions

- Preheat the oven to 400 degrees F
- Slice acorn squash into halves, removing insides and seeds. Spread butter on the inside and sprinkle brown sugar over the butter. Transfer to a baking sheet.
- Roast in the preheated oven until tender, about 30 minutes. Remove, slice into thirds, and serve.

