

Stuffed Butternut Squash Roast

Swick

Makes 4 servings | Active Time: 1 hour 25 minutes | Total Time: 1 hour 25 minutes

Chef's Notes

This recipe makes 1 stuffed squash.

One serving is 1/4 stuffed squash, so enjoy any leftovers throughout the week.

RECIPE TIPS

If there is extra filling, place in a small casserole dish and bake while the squash is baking.

Orange: Make sure you zest before you juice!

Cayenne Pepper: Warning: Spicy! Consider omitting the cayenne pepper if you are serving to children.

Step 1: Prepare the Dish

- 3/4 cup wild rice rinsed & drained (≈2 1/4 cups cooked)
- 1 large butternut squash, halved lengthwise & seeded (≈4 lbs)
- 1 yellow onion chopped (≈1 cup)
- 2 cloves garlic minced (≈2 teaspoons)
- 3/4 cup orange juice (see tip)
- 1 teaspoon orange zest
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon dried thyme
- 1 dash cayenne pepper
- 1/3 cup dried cranberries
- 2 tablespoons roasted pecans (optional) chopped
- 1 1/2 oz baby spinach (≈2 cups)
- sea salt
- freshly ground black pepper

Preheat the oven to 375°F. Line a rimmed baking sheet with parchment paper or a silicone baking mat.

PREPARE GRAINS

In a saucepan over high heat, bring 1 1/2 cups water to a boil. Add wild rice, cover, and simmer until tender, about 40 minutes. Drain well. Let cool.

BAKE SQUASH

Place squash, cut side down, on baking sheet. Bake until squash flesh is tender, 35 to 45 minutes. Remove from oven and let cool until cool enough to handle, about 10 minutes.

SAUTÉ AROMATICS

(Note: You may need to do this in batches.). In a large skillet over medium heat, cook onions and garlic, stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add orange juice 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

MAKE FILLING

Stir orange zest, cinnamon, thyme, and cayenne into aromatics. Add remaining orange juice, cooked wild rice, cranberries, and roasted pecans, if desired. Stir in spinach and cook just until spinach has wilted. Remove from heat.

ADD SQUASH

Using a spoon, scoop out as much of the butternut squash pulp as possible, leaving about 1/4 inch of flesh with the skin. Coarsely chop squash and add to filling. Season with salt and pepper to taste.

STUFF SQUASH

Spoon the filling into squash halves. Don't overfill squash. Place one half of squash atop second half. Wrap squash with string, about 1 inch apart.

BAKE STUFFED SQUASH

Place squash in a baking dish and bake squash for 10 minutes more.

SERVE

Slice to serve.