

# Acorn Squash and Wild Rice Stuffing

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INDIGI KITCHEN



## INGREDIENTS

- 2 acorn squash
- 1 cup wild rice (prepared)
- 2 tbs avocado oil
- 1lb ground bison
- 3 cloves minced garlic
- 1/4 cup sliced green onions
- 1/2 cup fresh spinach
- salt & pepper to taste

## HOW TO COOK

1. If wild rice is uncooked, prepare wild rice according to instructions
2. Cut acorn squash in half and scoop out seeds. Brush with oil and turn cut side down on a cookie sheet. Bake at 425° for 20 minutes or until flesh is tender.
3. Brown ground sausage on medium heat. When fully cooked, add garlic and cut wild onions. If including spinach, add fresh spinach to pan and stir until wilted.
4. Remove squash from oven and turn squash so cut side is up. Allow squash to cool for 10 minutes so it will be easier to work with. You may have to cut the bottom so squash will sit flat.
5. With a spoon, enlarge the "bowl" part of the squash. The larger the hole, the more filling it will hold.
6. Add wild rice to meat mixture and mix. Gently scoop stuffing into squash and sprinkle with salt, pepper and chili powder (optional).
7. Bake at 425° for 5 more minutes until top of squash is golden brown

