

# Stuffed Acorn Squash

2 acorn squash

1 tsp. canola oil

1 medium tart apple, peeled, cored and diced

$\frac{1}{2}$  small onion, finely chopped

$\frac{1}{2}$  cup chopped mushrooms

$\frac{1}{2}$  celery stalk, diced

$\frac{1}{2}$  tsp. dried thyme

$\frac{1}{2}$  tsp. oregano

$\frac{1}{2}$  tsp. dried sage

2 cups cooked whole-grain rice

$\frac{1}{2}$  cup dried apricots, chopped

$\frac{1}{2}$  cup dried cranberries

$\frac{1}{4}$  cup apple juice or cider

Pierce acorn squash with a knife or fork and microwave for 2 minutes. Remove from microwave oven and let rest for 1 minute. Cut squash in half from top to bottom (rather than crosswise); scoop out the seeds and membranes.

Place squash halves cut side down in a large microwaveable baking dish; add  $\frac{1}{4}$  cup water, cover with plastic wrap and microwave for 5 minutes.

Preheat oven to 350 degrees.

In a medium skillet, heat oil, sauté apples, onion, mushrooms and celery for 2-3 minutes.

Stir in cooked rice, herbs, apricots and cranberries. Add apple juice (or cider) and cook until juice is almost evaporated.

Place squash on a large nonstick baking sheet. Spoon stuffing into squash cavities and bake for 20 minutes. Serves 4.