



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

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Recipe 53

Autumn Harvest Stuffed Acorn Squash  
with Fresh Sage, Cranberries, Sweet Potatoes, Apples & Pecans

Cooks Note: This recipe, which celebrates fall's bountiful harvest, is a bit labor intensive, but very delicious, healthy, and easy to make! It works equally well as a light meal (perhaps with some fresh grated parmesan on top) or as an impressive Thanksgiving side-dish.

Bon Appetit!  
-George



(photo by Marc-Henri)

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## Autumn Harvest Stuffed Acorn Squash

### PREPARATION

- 1 - In a small pan, sauté onion and garlic in oil over medium heat until soft but not browned. Place in a large bowl and add rice, cranberries, sweet potato, apple, walnuts, parsley, and sage. Season with salt and pepper and set aside.
- 2 - Preheat oven to 375°F. Slice acorn squashes in half, and scrape out seeds and strings. Place face down in large casserole or roasting pan, fill with 1/2 inch of vegetable stock, and bake for 15- 20 minutes.
- 3 - Remove, reserve any remaining stock, and place face side up in pan. Fill each cavity with about 1/2 to 2/3 cup stuffing. Drizzle with olive oil and any remaining stock, and cover tightly with foil. Bake until squashes are cooked and slightly soft to the touch, about 30 minutes. Remove the foil for the last 5 minutes of baking.

### INGREDIENTS

#### For Stuffing

- 1/2 cup chopped yellow onion
- 2 cloves garlic, minced
- 1 tablespoon GC Farms' extra virgin olive oil
- 2 cups cooked brown rice
- 2/3 cup dried cranberries, soaked in hot water for 10 minutes and drained
- 2/3 cup chopped sweet potato, steamed until just tender
- 1/2 cup thinly dice red delicious apple
- 1/2 cup walnut pieces
- 2 tablespoons chopped parsley
- 1 teaspoon dried sage
- Sea salt, to taste
- Ground pepper, to taste

#### For Squash

- 3 acorn squashes
- 1 cup vegetable stock
- 2 tablespoons GC Farms' extra virgin olive oil

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