

Butternut Squash + Wild Rice Stuffing

A healthier version of a Thanksgiving classic.



INGREDIENTS:

For the Squash:

1 medium butternut squash, cut into 1-inch cubes

3 tablespoons olive oil

1 teaspoon salt

½ teaspoon black pepper

For the Stuffing:

4 tablespoons unsalted butter

2 small onions, peeled and thinly sliced

2 celery stalks, thinly sliced

4 garlic cloves, finely grated

5 fresh sage leaves, minced

½ teaspoon dried thyme

1 1/3 cups wild rice

4 cups chicken or vegetable broth

¼ cup toasted pecans, roughly chopped

1/3 cup fresh parsley, finely chopped

DIRECTIONS:

1. Preheat oven to 400F. Toss the cubed squash, olive oil, salt and pepper together on a baking tray, mixing everything together.
2. Spread in an even layer. Roast for 25 minutes or until squash is tender.
3. In a large pot over medium-high heat, melt the butter.
4. Add the sliced onions and sauté until soft and slightly caramelized. Then stir in garlic and sauté another 3 minutes.
5. Add wild rice, broth and a pinch of salt and pepper. Stir well and bring to a boil.
6. Boil uncovered for 5 minutes. Reduce to a simmer, add a lid to the pot and let cook, covered for 40-50 minutes or until all the liquid is absorbed.
7. Once rice is fully cooked, fold in the cooked squash mixture, chopped pecans and parsley. Toss together, adding salt and pepper to taste.

Source:brit.co



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