

## STUFFED ACORN SQUASH

### Ingredients:

Two acorn squash - cut in half, seeds removed  
 One cup of Ralston Farm Golden rice  
 1/4 cup golden raisins - soak in hot water  
 1/4 cup organic dried apricot, soak in hot water  
 1/2 can white cannellini beans, drained  
 One organic red apple, peeled & chopped  
 One organic Bartlett pear, chopped  
 1/2 onion- chopped  
 1/2 pint of mushrooms, cubed into 1/2" pieces  
 3- 4 tsp Fennel and Fire Winter spice blend  
 Fennel and Fire Pink & Pink  
 Salt and black pepper

### Directions:

\*Preheat oven to 350 degrees.

\*Brush the flesh of the squash with olive oil.

Sprinkle lightly with salt and pepper. Bake at 350 for 35 to 40 min or until tender. Remove from oven and sprinkle with winter blend.

\*While squash is cooking, make rice per directions.

\*In a saute pan over med heat, saute onion and mushrooms until tender. Add drained apricots, raisins, and white beans to saute pan. Heat until warmed. Remove from saute pan and set aside.

\*Add apples, pears, and one tsp of the winter spice blend to saute pan. Heat over med heat until tender. If needed, add 1 tsp of butter or water to the pan. Set aside.

\*Once the rice is cooked, add the white beans, raisins, and apricots to the rice. Fluff and mix gently to combine ingredients.

\*Assemble meal: Place squash on a plate, fill with golden rice mixture and top with warm apples and pears. Sprinkle with winter spice and Pink & Pink. Serve warm.

