



Wild Rice–Stuffed Squash

Serves 4

2 buttercup or acorn squash

2 cups cooked wild rice

½ tsp. seasoned salt

2 tsp. grated orange peel

1 Tbsp. brown sugar

½ cup chopped walnuts

½ cup apricot or orange juice

2 tsp. brown sugar, if desired

Preheat oven to 350 degrees. Wash squash, halve and scoop out seeds. In a bowl, combine wild rice, seasoned salt, orange peel, 1 Tbsp. brown sugar and walnuts; mix well. Fill each squash half with ¼ of the mixture; place in shallow baking dish sprayed with cooking spray. Bake about one hour, basting with a little juice every 10 or 15 minutes until juice is gone. When squash is tender, remove from oven and sprinkle halves evenly with 2 tsp. brown sugar, if desired.

Per serving: 290 calories, 10 g fat, 7 g protein, 50 g carbohydrate, 6 g fiber, 200 mg sodium