

Vandal Traditions Harvest Squash from the kitchen of Rebecca Klaeui and Adrienne Jordan

Total Servings - 4

Serving Size – ½ squash, 1.5 cups of filling

Suggested Wine Pairing: As a main dish, try Viognier by Basalt Cellars. As a side dish, try Renaissance Red by Clearwater Canyon Cellars. (www.vandalsuncorked.com)

Ingredients for Vandal Traditions Harvest Squash

- 2 acorn squashes, washed, halved, seeds removed.
- 1 cup (4 ounces) dried fruit, nuts and seeds medley, unseasoned, containing dried cranberries or tart cherries. Blend must NOT contain peanuts, pretzels, cereal or chocolate.
- 2 cups Bartlett pears, washed, cored, diced, from 2 medium sized pears.
- 2 cups cooked brown rice (or your favorite grain medley) from 2 8-ounce packages, prepared, ready-to-eat.
- 4 teaspoons pumpkin pie spice.

Directions

STEP 1 Preheat oven to 350 degrees F. In a 13x9 inch pan or sheet pan with raised sides, pour enough water into the pan to reach ½ inch up the sides.

STEP 2 Wash squashes, cut in half from stem to end and remove the seeds with a metal spoon, scraping the center clean. Arrange squashes cut side down into the pan in the water. Place in preheated oven for 45 minutes until tender.

STEP 3 Place the fruit, nut and seed medley into a small heat-resistant mixing bowl. Boil 2 cups of water and pour over the medley. Set aside for 15 minutes.

STEP 4 While the fruit and nut medley is soaking, wash, core and dice the pears. Place in a large mixing bowl.

STEP 5 When the fruit and nut medley has soaked for 15 minutes, drain over a second bowl, reserving the soaking water.

STEP 6 Add the drained fruit and nut medley to the pears and stir to combine.

STEP 7 To the pear mixture, add the cooked brown rice or grain medley and the pumpkin pie spice. Season this mixture with salt and pepper to taste. Stir thoroughly to combine.

STEP 8 From the reserved soaking water, measure out 6 tablespoons and add to the pear mixture. Stir to combine all ingredients.

STEP 9 When squash has baked 45 minutes, check with a fork for tenderness. Squash halves should be very tender, and the fork should not meet resistance. If required, bake squash an additional 10 more minutes until tender. When tender, remove from oven.

STEP 10 Using a fork or tongs, carefully flip squash halves over in the pan, being cautious to avoid rising steam. If water has mostly evaporated, add hot water to the pan to reach ¼ inch up the sides of the pan.

STEP 11 Divide the pear-nut-grain filling between the four squash halves. Gently press filling into the center space with the back of a fork, and then mound remaining filling on top of the squash. Lightly salt and pepper the surface of the stuffed squashes, to taste.

STEP 12 Return stuffed squash halves to the oven and bake for 25 minutes until filling is lightly browned.

STEP 13 Remove from oven and serve.

STEP 14 As an optional garnish, lightly crisp fresh sage leaves in a neutral flavored oil in a small frying pan over medium heat for 30 seconds. Drain on paper towels and sprinkle lightly with salt. Crumble over squash halves or decorate with whole leaves.

Note: This recipe serves 4 as a main dish or 8 as a side dish. Simply cut squash halves before serving to serve as a side dish.

Nutritional Data for Vandal Traditions Harvest Squash (per serving)

- Calories 586
- Total fat 12.3 g; saturated fat: 1.2 g
- Cholesterol 0 mg
- Sodium 159 mg
- Total carbohydrate 111 g
- Dietary fiber 14.3 g
- Total sugars 8.7 g
- Protein 13 g
- Calcium 130 mg
- Iron 4 mg
- Potassium 1136 mg