



Stuffed Acorn Squash



ingredients

- 2 medium acorn squash
- 2 tsp olive oil
- 1 cup farro
- 2 C vegetable broth
- 1 small sweet onion, diced
- 1 tsp minced garlic
- 8 oz portobello mushrooms, diced
- 1/2 tsp dried thyme
- 1/2 tsp dried sage
- pinch red pepper, optional
- 1/4-1/2 tsp salt, to taste
- 1/4-1/2 tsp pepper, to taste
- 1/2 C chopped walnuts
- 1/2 C dried cranberries

instructions

1. Preheat the oven to 450 degrees.
2. Cut the acorn squash in half. If they are too hard to cut, pierce with a knife and microwave for a minute or two until they are soft enough to work with.
3. Brush the squash with 1 teaspoon of the olive oil and season with a generous pinch of salt and pepper.
4. Place cut side down on a baking sheet. Bake 25-30 minutes or until the flesh is fork tender. When cooked, remove from the oven and set aside flesh side up.
5. While the squash is cooking, cook the farro according to package instructions subbing the broth for the amount of water it calls for. Salt and pepper to taste.
6. While both of those things are cooking, bring a large saute pan over medium-low heat. Sauté the onion in the rest of the olive oil 3-5 minutes or until translucent. Season with a pinch of the salt and pepper.
7. Add the mushrooms, sage, thyme and cook until tender 2-3 minutes. Season with another good pinch of salt and pepper. Add the garlic and allow to cook for only 15 seconds before mixing it in with the rest. Be careful not to burn the garlic. Add the optional pinch of red pepper.
8. Push the mixture to the side and add the walnuts, toasting for just a minute.
9. Remove from heat and stir in the cooked farro and dried cranberries.
10. Stuff the farro mixture into the acorn squash.
11. Put them back into the oven for 10 minutes.