

# Acorn Squash Bowl

This recipe will make about 2 Large Freeze Dry Trays \*

[Live Life Simple Acorn Squash Bowl Video](#)

## Ingredients

3-4 Acorn Squash  
1/2 C Panko Bread Crumbs  
1 Tbsp. Parsley (preferably fresh)  
1 tsp garlic salt  
vegetable broth  
5-6 oz. chopped mushrooms  
2/3 C chopped onions  
1 clove garlic  
3 C Chopped Kale  
2/3 C Raisins or Currents  
1/4 C soy sauce or Tamari  
2 Tbsp Sherry or Rice Vinegar  
1 Tbsp Honey (it will freeze dry in this recipe!)  
2- 2 1/2 C Cooked Wild Rice



## Directions

1. Cook Wild Rice First (it takes a while)
2. Preheat oven to 400 degrees and line baking sheet with parchment paper
3. Snap off stems of acorn squash, cut squash in 1/2 lengthwise, scoop out seeds and pith
4. Place squash cut side down on a baking sheet (DO NOT USE OIL!!)  
**Bake 25-30 Minutes**
5. **While Squash is baking:**  
Brown panko bread crumbs in a frying pan (using little to no oil). Add browned panko to a small bowl and add parsley & garlic salt
6. In a frying pan, add a small amount of veggie broth (see freeze dried veggie broth recipe) and cook mushrooms, onions & garlic for 5-6 minutes, then add Kale and cook until Kale is wilted
7. Transfer mushroom mixture to a mixing bowl and add raisins, soy sauce, sherry, honey & rice and mix together.
8. Fill cavities of cooked squash and top with Panko Bread Crumbs Mixture.  
**Bake for an additional 10-30 minutes until fully cooked**
9. Remove skins from squash and evenly distribute on freeze drying pans
10. Add dividers if using. Pre Freeze
11. Store Appropriately. (See Tips and Tricks for storage help)



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray

**My cycle time was:** 38 Hrs. in a Large Freeze Dryer

**To rehydrate:** slowly add boiling water and mix, then cover for 5 minutes and mix again.



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