

Acorn Squash

This recipe makes about 16 cups



Ingredients

4 acorn squash
1/2 **cup** panko bread crumbs
1 **tbsp** parsley (preferably fresh)
1 **tsp** garlic salt
6 **oz** chopped mushrooms
2/3 **cup** chopped onions
1 clove garlic
3 **cups** chopped kale
2/3 **cup** raisins or currants
1/4 **cup** soy sauce or tamari
2 **tbsp** sherry or rice vinegar
1 **tbsp** honey
2 1/2 **cups** cooked wild rice
vegetable broth for sauteing

Directions:

1. Prepare the wild rice according to package instructions. This step may take some time, so start it early
2. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper
3. Remove the stems from the acorn squash, slice in half lengthwise, and scoop out the seeds and pith
4. Place the squash cut-side down on the baking sheet and bake for 25-30 minutes until tender
5. While the squash is baking, lightly toast the panko bread crumbs in a dry frying pan over medium heat until golden brown
6. Transfer the toasted panko to a small bowl and mix in the parsley and garlic salt. Set aside
7. In the same frying pan, add a small amount of vegetable broth and sauté the mushrooms, onions, and garlic for 5-6 minutes until soft. Add the kale and cook until it's wilted
8. Transfer the cooked vegetables to a large mixing bowl. Add the raisins, soy sauce, sherry, honey, and cooked wild rice. Stir until everything is evenly combined
9. Flip the cooked squash halves over and fill each cavity generously with the vegetable and rice mixture
10. Sprinkle the panko breadcrumb mixture over the top
11. Return stuffed squash to the oven and bake for an additional 15 minutes until filling is heated through
12. Remove from the oven and let cool slightly
13. Add parchment paper to your trays
14. Scoop the squash out of the skins and spread evenly onto your trays
15. Add dividers if using. We like the 10-portion setting
16. Pre Freeze when possible
17. Freeze dry (my cycle time was 38 hours)
18. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 divider portions or about 1 3/4 cups of freeze-dried squash to a bowl along with about 3/4 cup of boiling water. Cover for 5 minutes. Stir and enjoy.

Notes:

Store this in meal-size portions for easy grab-and-go for road trips or camping

Nutritional Value Per 2 divider portions or about 1 1/2 cups pre freeze-dried

Calories 163 Protein 4 g Fat 1 g Carbohydrates 38 g Fiber 4 g Sugar 9 g