



Creamy Wild Rice Stuffed Acorn Squash

Plant-Based + Vegetarian + Vegan

I highly recommend sourcing your ingredients from local farmers and providers so that you're creating a positive impact on your community's economy and contributing to national sustainability efforts! For United States residents, the USDA is a great resource for finding local farmers to connect with and for learning about how to locate your nearest farmers market! You can find more at <https://www.ams.usda.gov/local-food-directories/farmersmarkets>



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Preheat your oven to 400 degrees. Place your halved + gutted acorn squash face-down in the oven for 25 minutes. While your squash roasts, bring your wild rice (in 1.5 cup water) to a boil for 15-20 minutes on medium heat. To create the chickpea sauce, you'll throw your chickpeas, paprika, minced garlic, sea salt, black pepper, nutritional yeast, and cumin in a blender with 1 cup of water. Blend on high until the consistency is creamy and no chunks remain. When your wild rice is cooked, place it in a bowl and mix it with your sauce. Once the squash is finished roasting, you'll place the creamy wild rice mixture into the hollows, creating a delicious, nutritious, and filling meal for two!

Ingredients

- 1 halved acorn squash
- 1/2 cup wild rice
- 1/2 cup chickpeas
- 1 tsp paprika
- 1/2 tbsp minced garlic
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1 tbsp nutritional yeast
- 1 tsp cumin