

Stuffed Squash



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 4

2 acorn or
butternut squash,
halved

2T olive oil

1 large onion,
minced

1 garlic clove,
minced

1/2c sweet
potato, finely
diced

1/2 red bell
pepper, diced

1/2t basil

1/4t oregano

1/8t sage

2c brown rice,
cooked

1c broccoli, frozen

1/2c pecans,
walnuts or your
favorite nuts

1/2c dried
apricots, finely
diced

1c fresh spinach,
finely chopped

1T soy sauce

Preheat oven to 375. Bake squash, cut side down, in baking dish with 1/2" of water until tender, about 30~45 minutes. Scoop out seeds and let cool. (Note: Seeds are wonderful, dried, salted and baked)

In medium stockpot sauté onion, garlic, sweet potato and red pepper in olive oil until tender. Add spices and cook 2 minutes. Add rice, broccoli, pecans, apricots, spinach and soy sauce. If mixture seems too dry, add 2~3T water, broth or white wine to moisten.

Stuff mixture into baked squash and bake 30 minutes.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com