

Mushroom and Tempeh-Stuffed Acorn Squash with Cider Glaze

From: www.pulitoesaporito.com

This is the first east coast fall I've had in six years, so I've been especially excited to cook with the seasons and have stocked up on various winter squashes from the local orchard.

This recipe might have more ingredients than the average person will cook with on a Wednesday night, but I highly recommend it for a healthy Sunday dinner. The five-grain tempeh and mushrooms take the place of meat in this stuffing and the cider not only helps cook the squash, but creates a nice autumnal glaze. Also, feel free to reduce the amount of rice to 1/2 cup (uncooked) if you're carbohydrate paranoid.

I served this with a salad comprised of: red romaine, orange bell pepper, jicama, red onion, pomegranate and feta with balsamic-mustard vinaigrette.

Ingredients:

For the squash:

1 Tbs olive oil

2 acorn squashes, halved and seeds removed

2/3 cup apple cider

For the stuffing:

1 cup uncooked brown/wild rice mix, cooked in 2 cups light vegetable or chicken broth

2 tsp olive oil

3 cloves garlic, minced

6 ounces shiitake or oyster mushrooms (I used shiitake), halved and sliced into strips

3 stalks celery hearts, thinly sliced

2 packages 5-grain tempeh, crumbled

1/4 cup sage leaves, minced (or 1/2 tsp dried ground)

1 Tbsp thyme leaves, minced (or 1/4 tsp dried ground)

1/2 cup white wine or broth

1/2 head of kale

greens from three kohlrabi cabbages (or a few more kale leaves)

1/2 cup parsley, minced

1/3 cup apple cider

1/3 cup raw pecan halves, roughly crumbled

1/4 tsp cinnamon

salt and pepper

What to do:

Preheat oven to 400 degrees Fahrenheit. Pour olive oil and apple cider in the bottom of a high-lipped pan or baking dish. Arrange squash cut side down and bake, uncovered, for 40 minutes.

Meanwhile, cook the rice in the broth and begin to make the vegetable-tempeh mixture.

In a large pan, heat the olive oil over medium-high heat. Add garlic and cook for about one minute. Just as the garlic begins to brown, add mushrooms. Stir a few times, but allow time in between stirs for the mushrooms to brown.

After about two minutes, add the celery, tempeh, sage and thyme. Brown for about a minute, add wine (or broth) and cook for another three minutes, covered, stirring occasionally.

Add greens, parsley and apple cider. Cover again and cook for about five minutes, stirring occasionally.

Uncover and mix in the cooked rice, pecans, cinnamon, salt and pepper. Taste and adjust for herbs and spices, adding more, if needed.

Take squash out of oven and flip, cavity side up. Stuff generously with vegetable-tempeh mixture and serve immediately with a generous helping of fresh salad.

<http://pulitoesaporito.com/2013/10/28/mushroom-and-tempeh-stuffed-acorn-squash-with-cider-glaze/>