Tender roasted acorn squash boats are stuffed with a flavorful wild rice and sausage filling for a stunner fall side dish that goes great with roast chicken or turkey.

**Prep Time** 10 minutes

Substitutions/Additions/Considerations

Dried Fruit Chopped Nuts

Dried cranberries Pecans

Dried cherries Walnuts

Raisins Chestnuts

Dried Dates Almonds

Meat and Alternatives

Pork Sausage Black Beans

Ground Beef Potatoes

Ground Turkey Tofu

Diced poultry (chx, txy)

Vegetarian Sausage

Vegetables/Fruits

Mushrooms Cauliflower

Carrots Pears

Corn Spinach

Cheeses

Cheddar Parmesan

Feta Goat Cheese

**Cook Time** 40 minutes

**Total Time** 50 minutes

**Servings** 4 servings

**Calories** 456 kcal

**Ingredients**

* 1 medium acorn squash halved and seeded
* 2 tablespoons olive oil divided
* Salt and pepper to taste
* 1 small onion finely diced
* 2 cloves garlic minced
* 1 cup cooked wild rice
* 2 sausage links thinly sliced, or bulk sausage (1 lb.)
* 6-8 ounces sliced or diced fresh mushrooms (optional)
* 1 apple diced
* 1/3 cup dried cranberries
* 1/4 cup chopped pecans
* 2 tablespoons minced fresh parsley

**Instructions**

1. Preheat oven to 400F. Rub inside of acorn squash with 1 tablespoon olive oil and season with salt and pepper to taste. Roast squash at 400F 30-35 minutes or until tender. Remove from oven and set aside.
2. While the Acorn Squash are roasting in the oven, heat remaining olive oil in a small skillet over medium-high heat. Add onion and garlic to pan and sauté, 5 minutes until lightly browned. Add the Sausage and apple and sauté until cooked. Stir wild rice, cranberries, pecans, parsley, and salt and pepper to taste into skillet.
3. Spoon rice filling into squash boats and bake boats at 400F 10 to 20 minutes or until heated through. Enjoy!