

Wild Rice - Stuffed Squash

- 2 acorn or buttercup squash, halved & seeded
- 2 cups cooked wild rice (use 1/2 c. uncooked rice with 2 cups water)
- 1/2 tsp. natural salt
- 2 tsp. grated orange rind
- 1 Tbsp. coconut sap sugar or muscovado
- 1 cup chopped walnuts
- 1/2 cup apricot or orange juice
- 4 tsp. coconut sap sugar or muscovado (opt.)

1. Fill the squash cavities with a mixture of the wild rice, seasoned salt, orange rind, coconut sap sugar and chopped nuts.
2. Bake, covered at 350 degrees for an hour, basting from time to time with the apricot or orange juice.
3. When squash is tender, serve with 1 teaspoon coconut sap sugar sprinkled atop each wild rice - stuffed squash, if desired.

Serves 4