

Butternut Squash and Wild Rice “Stuffing”

Recipe Adapted from Cookie and Kate Makes about 6-12 servings



Ingredients (For Rice and Toppings):

2 cups wild rice, rinsed
2 cups kale, ribs removed and chopped small
¼ cup chopped green onion
⅓ cup crumbled goat cheese
½ cup dried cranberries, chopped
½ cup raw pepitas (green pumpkin seeds)
1 tsp olive oil
¼ tsp salt
¼ tsp ground cinnamon

For the Butternut Squash:

1 small-to-medium butternut squash, cut into 3/4-inch cubes
1 ½ T olive oil
¼ tsp salt

Ginger Dressing

1/4 cup olive oil
2 T apple cider vinegar
1 T Dijon mustard
1 T maple syrup
1 T grated fresh ginger
¾ tsp salt

Whisk ingredients together until well combined.

Directions:

- Preheat the oven to 425 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
- **Cooking the rice:**
 - Bring a large pot of water to a boil. Add the rinsed rice and continue cooking, reducing heat as necessary to maintain a lively simmer, for 40-55 minutes. The rice is done when it is tender, but still had a light resistance to the bite. Drain the rice and return the rice to the pot.
- **Roasting the squash:**
 - Place the cubed butternut squash on the baking sheet that is lined with parchment paper. Drizzle the squash with olive oil and sprinkle with salt. Toss until the cubes are evenly coated in the oil. Arrange the cubes in a single layer on the baking sheet and roast for 35-50 minutes, tossing after 20 minutes, until they are golden on the edges and tender when pierced with a fork.
- While the wild rice and butternut squash cook, prepare the remaining components.
- Chop the kale, green onion, and dried cranberries.
- Whisk together the dressing ingredients in a small bowl.
- **Toast the pepitas:**
 - Combine the pepitas, 1 teaspoon olive oil, ¼ tsp salt and ¼ tsp cinnamon in a small skillet. Stir to combine and cook over medium heat until they are golden brown on the edges, about 3-5 minutes. Remove the skillet from the heat and set aside.
- Stir the kale, half the green onions and all of the ginger dressing into the cooked wild rice. Spread the mixture over a large serving platter or in a large serving bowl.
- Arrange the butternut squash over the wild rice mixture. Crumble goat cheese on the top with a fork.
- Top with the chopped dried cranberries, toasted pepitas and remaining green onions. Serve at warm or at room temperature.

Nutrition per Serving (Divided into 12 servings): 273 calories; 12.3 g total fat (2.9 g sat); 4.4 mg cholesterol; 296.5 mg sodium; 35.7 g carbohydrates; 4.8 g fiber; 9 g protein