

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Stuffed Acorn Squash with Brown Rice and Mushrooms**

**Makes 4-6 servings**

**This is the perfect meatless, main dish on a crisp, fall evening. Serve with a mixed green salad and crusty bread.**

**Ingredients:**

2 acorn squash (1 pound each), halved crosswise, and seeded  
Pinch salt and pepper  
4 teaspoons olive oil, divided  
1 medium onion, diced small  
8 ounce mushrooms (any type), diced small  
 $\frac{3}{4}$  teaspoon dried thyme  
1 cup brown rice  
3 cups low-sodium vegetable or chicken broth  
 $\frac{1}{4}$  cup grated parmesan cheese

**Directions:**

1. Preheat oven to 425 degrees.
2. Season squash with salt, pepper and drizzle with 2 teaspoons olive oil. Place squash, cut side down, on a baking sheet. Cover with foil, and roast until tender, about 40 minutes.
3. Meanwhile, in a skillet with a lid, heat the oil over medium-high heat. Add onion and cook 2 minutes, until softened. Add mushrooms and cook for 6-8 minutes until mushrooms are golden. Add rice, chicken broth, and thyme. Cover and simmer 35-40 minutes, until the rice is tender, and most of the liquid has absorbed.
4. Remove squash from the oven. Carefully scoop out 2 to 3 tablespoons of the squash from each half and add to the rice mixture.
5. Fill the squash halves evenly with the rice mixture. Sprinkle 1 tablespoon parmesan cheese over each. Broil for 1-2 minutes, until cheese is melted.

**Nutritional Information per serving:**

Calories: 319	Carbohydrates: 61g
Total Fat: 4g	Cholesterol: 10mg
Saturated Fat: 4g	Dietary Fiber: 6g
Sodium: 344mg	Protein: 10g