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
¾ teaspoon dried thyme
1 cup brown rice
3 cups low-sodium vegetable or chicken broth
¼ 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