

Thanksgiving Wild Rice Stuffed Acorn Squash

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/acorn-squash-stuff-thanksgiving-with-rice-and-lentils-recipe>

Ingredients:

- 3 acorn squash
- 1/2 tablespoon olive oil
- salt
- cracked pepper
- 1 cup wild rice
- 2 1/3 cups water
- 1/4 teaspoon salt
- 1/2 tablespoon olive oil divided
- 1 cup diced celery
- 1/2 cup diced yellow onion
- 1 teaspoon thyme
- 1/2 teaspoon sage
- 1/2 teaspoon crushed rosemary
- 1/2 cup dried cranberries
- 1/4 cup chopped pecans

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 47 grams
3. Fat: 6 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 260 milligrams
8. Sugar: 4 grams

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