

Roasted Winter Squash with Cornbread Stuffing

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Servings: 2

1 small / medium (1 1/4 lb) winter squash (acorn, butternut or baby pumpkin)
2 tablespoons extra-virgin olive oil, divided
1/4 cup dried cranberries or cherries
1/4 cup golden raisins
1/3 cup onion, chopped
1/4 cup celery, chopped
1 tablespoon fresh sage, chopped
1 tablespoon garlic, minced
1/2 cup reduced-sodium vegetable or chicken broth
3 tablespoons pecans, chopped
1 1/2 cups cornbread, cooked and crumbled
1 tablespoon fresh parsley, chopped
1/2 teaspoon salt
freshly ground black pepper

Preheat the oven to 400 degrees.

Cut the squash into halves lengthwise and discard the seeds. Brush the cut sides with one tablespoon of olive oil and place, cut sides down, on a baking sheet.

Roast for 25 minutes or until tender.

Soak the dried fruit in hot water for 10 minutes. Drain and discard the liquid. Set aside.

Heat the remaining olive oil in a medium skillet over medium-high heat.

Add the onion, celery, sage and garlic. Saute' for 5 minutes.

Combine the drained fruit, onion mixture, broth, pecans, cornbread, parsley, salt and pepper.

Place the cornbread mixture into each squash half.

Return the squash to the oven and bake about 20 minutes until the stuffing is thoroughly heated and golden brown on top.

Per Serving (excluding unknown items): 741 Calories; 33g Fat (39.6% calories from fat); 14g Protein; 100g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 1719mg Sodium. Exchanges: 5 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fruit; 6 1/2 Fat.