



Simple | Healthy | Delicious

Chicken and Black Rice-Stuffed Acorn Squash



INGREDIENTS

2 acorn squashes, cut in half lengthwise and seeded
2 Tbs. butter, divided
1 Tbs. extra-virgin olive oil
1 pound chicken tenders, cubed
1 celery stalk, diced
½ yellow onion, diced
3 cloves garlic, minced
4 ounces (half an 8 oz container) baby bella mushrooms, chopped
½ orange bell pepper, diced
2 Tbs. Herbs de Provence
½ cup Nature's Earthly Choice Black Rice (par-cooked in a rice cooker for about 30 minutes)
1 cup chicken stock
½ cup panko or breadcrumbs
Coarse salt and freshly ground pepper

DIRECTIONS:

1. Preheat oven to 400.
2. Place the acorn halves, cut-side down in a rimmed baking sheet. Pour ½ cup water into the pan and bake 30 minutes. Remove and set aside.
3. Heat 1 Tbs. butter and the oil in a large skillet. Add the chicken, brown all over.
4. Add the onion, celery, mushrooms, garlic, orange bell pepper, the Herbs de Provence and a good pinch of salt and pepper. Saute about 5 minutes, or until the veggies soften.
5. Now, add the black rice to the pan, along with the cup of chicken stock. Simmer and stir frequently, about 15 minutes, getting the rice all cooked.
6. Evenly spoon the chicken filling into each acorn half.
7. Melt the remaining butter and mix it with the panko. Now top each acorn half with that.
8. Stick them back in the oven for about 10 minutes, or until the panko is golden brown on top.