

Stuffed Butternut Squash With Scampi Wild Rice (Light & Delicious, Main Courses)

2 medium butternut squash
1 Tbsp olive oil
1 small yellow onion, finely chopped
1 cup mushrooms, finely chopped
1 cup wild rice
½ cup frozen green peas
2 Tbsp Halladay's Harvest Barn Scampi Seasoning
1 cup grated Parmesan Cheese, optional

Roast Squash:

Preheat oven to 350°F. Cut the Butternut Squash in half lengthwise and remove seeds with a spoon.

Place cut side down on a baking sheet and roast for 45 minutes, or until soft.

Rice Filling:

Heat oil in a large pot or Dutch Oven, add mushrooms and onions and sauté for 2 to 3 minutes until onions are soft. Add rice and stir well to combine. Add peas, Scampi seasoning, and salt and pepper to taste. Cook for 5 minutes. Add 1 cup of water and bring to a boil. Turn heat to low, cover and simmer for 25 to 30 minutes. Turn off heat and let sit for 5 to 10 minutes.

Assemble the Squash:

Once the squash is fork tender, scoop out some of the flesh leaving ½ inch thick around the shell.

Add the squash pulp to the rice mixture. Spoon the rice and squash mixture evenly into the shells.

If using parmesan cheese sprinkle ¼ cup over each squash half. Broil on high for about 3 minutes for cheese to melt and brown nicely.