



In your box

- 1 oz. Cherry Jam
- ½ cup Seasoned Wild Rice Blend
- 1 oz. Sliced Almonds
- 3 oz. Kale
- 1 fl. oz. Balsamic Vinegar
- 1 oz. Dried Cherries
- 1 Acorn Squash
- 1 Shallot
- 1 oz. Goat Cheese
- ½ oz. Crispy Fried Onions



Wild Rice-Stuffed Acorn Squash

with goat cheese and dried cherries

NUTRITION per serving—Calories: 722, Carbohydrates: 92g, Fat: 37g, Protein: 12g, Sodium: 1460mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
45-55 min.

Cook Within
7 days

Difficulty Level ● ● ●
Intermediate

Spice Level ☐ ☐ ☐
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Pot, Mixing Bowl, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Roast the Acorn Squash

- Trim ends from **acorn squash** and carefully halve from pole to pole. Use a spoon to scoop out strings and seeds. Cut a thin slice off peel side, making a flat surface squash can stand on.
- Place acorn squash on prepared baking sheet, skin side down. Drizzle with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Roast in hot oven until easily pierced with a knife, 30-35 minutes.
- While squash roasts, cook rice.



2

Cook the Rice

- Bring a medium pot with **wild rice** and 1½ cup water to a boil. Lower to a simmer, cover, and cook until tender, 20-23 minutes.
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



3

Prepare Ingredients and Make Vinaigrette

- Peel and halve **shallot**. Slice thinly.
- Coarsely chop **dried cherries**.
- Stem and coarsely chop **kale**.
- In a mixing bowl, combine **cherry jam**, **balsamic vinegar**, 2 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Set aside.



4

Make the Filling

- Place a medium non-stick pan over medium-high heat. Add **almonds** to hot, dry pan and stir constantly until toasted, 1-2 minutes.
- Remove almonds to a plate. Keep pan over medium-high heat and add 1 tsp. **olive oil** and **shallots**. Stir often until softened, 2-4 minutes.
- Add **kale**, ¼ cup **water**, **dried cherries**, ¼ tsp. **salt**, and a pinch of **pepper**. Cover, and stir occasionally until kale is wilted, 2-3 minutes.
- Remove from burner.



5

Finish the Dish

- Combine cooked **rice** and **almonds** with **filling**. Scoop filling evenly into **acorn squash**.
- Plate dish as pictured on front of card, garnishing with **crispy onions** and **goat cheese** (crumble with your hands if needed). Serve **cherry vinaigrette** on the side, drizzling over to taste. Bon appétit!