

## **Wild Rice Stuffed Squash**

2 acorn or buttercup squash, halved & seeded  
2 c. cooked wild rice (about 1/2 c. uncooked)  
1/2 tsp. seasoned salt  
2 tsp. grated orange rind  
1 tbsp. brown sugar  
1 c. chopped walnuts  
1/2 c. apricot or orange juice  
2 tsp. brown sugar (opt.)

Fill the squash cavities with a mixture of the wild rice, seasoned salt, orange rind, brown sugar and chopped nuts. Bake, covered at 350 degrees for an hour, basting from time to time with the apricot or orange juice. When squash is tender, serve with 1/2 teaspoon brown sugar sprinkled atop each wild rice - stuffed squash, if desired.