



# Cheesy Rice Stuffed Acorn Squash

## Ingredients

- 2 small acorn squash, halved lengthwise and seeded
- Kosher salt and freshly ground black pepper
- 3 tablespoons [Fustini's Tuscan Herb olive oil](#)
- 1/2 onion, finely chopped
- 2 garlic cloves, minced
- 2 tablespoons flour
- 2 cups milk
- 1 cup shredded cheddar cheese (about 4 oz), plus more for garnish
- 1/4 teaspoon ground nutmeg
- 2 cups cooked brown rice
- 1 10-Oz package frozen chopped spinach, thawed & squeezed dried
- chopped fresh parsley for garnish

## Sharon's Hint

You can substitute fresh spinach for the frozen. SautÃ© fresh spinach in a little olive oil. Drain through a fine mesh sieve and season with a little salt if you wish. Adapted from [foodnetwork.com](#)

# Directions

## Step 1.

Position a rack in the upper third of the oven; preheat to 425 degrees F. Put the squash, cut-side up, in a large microwave-safe dish with 1 tablespoon water; drizzle with 1 tablespoon of olive oil and season with salt and pepper. Cover with plastic wrap and pierce with a knife to vent. Microwave until tender, about 15 minutes.

## Step 2.

Meanwhile, heat the remaining 2 tablespoons of olive oil in a large pot or Dutch oven over medium heat. Add the onion; cook, stirring, until softened, about 5 minutes. Add the garlic and cook for 1 minute. Add the flour and cook, stirring, for 3 minutes. Whisk in the milk until smooth, then bring to a simmer and cook until thickened, about 5 minutes. Add the cheese, stirring to melt. Add the nutmeg, 3/4 teaspoon salt and a few grinds of pepper. Stir in the rice and spinach.

## Step 3.

Transfer the squash to a rimmed baking sheet and fill it with the rice mixture. Sprinkle with more cheese and bake until lightly browned about 15 minutes. Top with parsley.