

# STUFFED BUTTERNUT SQUASH



Butternut anything is a Winter staple. It's homey, creamy, and smells so good. What's even better is when you stuff it with equally yummy ingredients and then grill over the BBQ.

## INGREDIENTS

2 whole butternut squash	1 cup frozen corn kernels, thawed
1 tablespoon unsalted butter, melted	1/4 cup freshly chopped cilantro
pinch of kosher salt	1 teaspoon cumin
2 tablespoons unsalted butter	1 teaspoon chili powder
1 cup Basmati Rice	1 teaspoon garlic powder
2 cups chicken broth (or vegetable broth)	salt & pepper to taste
1/2 cup cheddar cheese, shredded	4 tablespoons cheddar cheese, shredded
15 ounces black beans, drained and rinsed	Simple Guacamole
2 cups of your favorite salsa	Sour Cream
1 cup frozen corn kernels, thawed	

## DIRECTIONS

To make the butternut squash bowls preheat the oven to 400°F. Scrub the outside of the squash clean and cut each in half down the middle from the stem to the root end. Scoop out the seeds and place on a baking sheet so the inside of the squash is facing up. Melt 1 tablespoon unsalted butter and brush a little on each squash. Sprinkle each squash with a pinch of kosher salt and roast in the oven for 50-60 minutes or until very soft when pierced with a fork.

When squash is nice and soft, remove it from the oven and allow to cool. Scoop out the inside, leaving a nice border all the way around. I use the open end as a guide and scoop out enough squash to make it even end to end. Reserve the squash you scoop out to make a wonderful dessert such as my Butternut Cheesecake or Oatmeal Butternut Squash Cookies.

While the squash is roasting, prepare the rice. Melt 2 tablespoons unsalted butter in a large skillet and add 1 cup Basmati rice. Cook the rice until lightly toasted and add 2 cups of broth. I use chicken broth, but vegetable broth works fine if you prefer. Bring to a boil, cover, and reduce heat to low. Simmer for 15-20 minutes until most of the water is absorbed. Remove from heat and rest for 5-10 minutes, covered.

Fluff rice with a fork and add 1/2 cup cheddar cheese, black beans, 2 cups salsa, 1 cup corn kernels, 1/4 cup freshly chopped cilantro, 1 teaspoon cumin, 1 teaspoon chili powder, and 1 teaspoon garlic powder. Mix that all up and give it a taste. Add salt and pepper to your liking. Reserve until ready to stuff squash.

Spoon the rice mixture into the squash bowls to fill. Try to divide it evenly. Depending on the size of your squash, you might have a little rice mixture leftover. It's great for enjoying in a wrap for lunch the next day or even another dinner with a salad. Top each stuffed squash with a tablespoon of shredded cheese, or more to your liking and bake in the 400°F oven until the cheese is melted and everything is heated through about 15 minutes. Remove from oven and serve with sour cream and Simple Guacamole. Enjoy!