**DELCATA SQUASH STUFFED WITH RICE AND MUSHROOMS**

**INGREDIENTS**

- ¼ cup olive oil
- 1 ½ cups quinoa, rinsed
- 2-3 cups vegetable stock
- 8 ounces Shitake mushrooms
- 8 ounces Portabella mushrooms
- 6 shallots, roasted and chopped
- 4 stalks of celery, chopped
- 4 carrots, grated
- 1 leek sliced
- 10 Delicata squash, cut in half and scooped clean of seeds
- 1 ½ cups uncooked wild rice (cook rice according to directions to yield 3 cups of cooked rice for use in this recipe)
- ½ cup parsley leaves, chopped
- ½ teaspoon paprika

**METHOD**

Preheat oven to 350 degrees

Pour 2 cups of the vegetable stock into a medium size pot and put it on the stove, bring to a boil. When it has come to a boil, turn off the heat and add the rinsed quinoa, cover with a lid and let sit for 10 minutes.

Clean the mushrooms with a damp paper towel, remove the stems (save for future stock) finely slice and then set aside.

In large cast iron pan or pot, heat the oil add the shallots, celery, carrots, leeks, and mushrooms. Sauté over low heat for 5 minutes.

While sautéing add salt and pepper to taste. Continue cooking for another 5 minutes, then remove from the heat and pour into a large bowl.

Add the cooked rice, parsley, paprika and the cooked quinoa. Toss all together.

Cut the Delicata squash in half lengthwise with a large chef’s knife. With a spoon scoop out the seeds and the membranes.

(If you would like, you can lay the seeds out on an oiled sheet pan, sprinkle with salt and pepper bake in the oven until lightly browned and crispy.)

Place the cleaned squash halves in a baking dish large enough to hold them, cut side up. Fill the cavities with the vegetable/rice/quinoa mixture.

Add 1/4 cup vegetable stock and 1/4 cup water to the baking dish.

Cover with foil and bake for approximately 1 hour or until the squash is tender.