



Recipe ideas based on this week's Shares bag

Stuffed Acorn Squash With Wild Rice

Ingredient List

- 3 acorn squashes, cut in half lengthwise and seeds removed
- olive oil (to roast oil-free see notes)
- 1 teaspoon thyme, divided
- sea salt
- Wild Rice Medley
- 1 cup wild rice, dry (sub brown rice or your favorite type of rice)
- 1 tablespoon olive oil or ¼ cup water
- 1 medium/large red bell pepper, diced
- 1 small onion or 1 large shallot, diced
- 2 cloves garlic, minced
- 8 oz. mushrooms (about 2 cups), sliced
- 2 large handfuls spinach (kale or chard are great too)
- 1 can cannellini beans (15 oz), drained and rinsed
- 1 teaspoon thyme (dried or fresh)
- 1 teaspoon red pepper flakes, optional
- sea salt and cracked pepper to taste



Instructions:

1. **Preheat** oven to 400 degrees F. Line a rimmed baking sheet with parchment. In an ovenproof saucepan, fill halfway with water and place on the bottom rack (this will give a little steam to your squash).
2. **Prep and roast the squash:** Cut and seed your squash, place on a baking sheet with cut side up. Brush each half with a little oil, and season with a sprinkle of thyme, salt, and pepper. Place in the oven and bake for 40–45 minutes, until tender, knife should easily pierce the flesh. If by chance your squash is done first, cover with foil to keep it from drying out
3. **Rice:** Cook your rice according to package directions. Wild rice will take about the same time as the squash to cook, about 40–45 min. Set aside.
4. **Veggies:** In a large pan, heat oil on medium heat. Add onion and cook for 5 minutes, add garlic and cook for 1 minute. Add the mushrooms, bell peppers, thyme, red pepper flakes, a little salt, and pepper, cook for another 5 mins, until the mushrooms start to sweat and soften. Add the beans and leafy greens, stir frequently until they are wilted and warmed through
5. **Wild Rice Medley:** Combine the rice and sautéed vegetables in the larger of the two pots. Taste for seasoning adding additional salt and pepper as needed.
6. **Stuff:** Scoop mixture into each acorn squash half and serve with any additional seasonings!

Full Recipe: https://simple-veganista.com/stuffed-acorn-squash-with-wild-rice_28/



Lettuce



Storage

Like most greens, lettuce is wrapped in a damp towel and **refrigerated** in a **plastic bag**. Use within **1 week**. High quality lettuce is free of browning, crisp, firm, and bright light green.

Fun Facts

Lettuce is grown in four distinct varieties: iceberg, butterhead, romaine, and loose leaf. A higher percentage of all types of lettuce are grown for fresh-cut salad mixes.

2 Yummy Ways to Cook Up Brussel Sprout

1. Make candied Brussels sprouts. Dust Brussels sprouts with olive oil, brown sugar, and a pinch of salt. Microwave for 5 minutes and serve hot.
2. Shake and bake! Place Brussels sprouts, olive oil, bread crumbs, and a dash of salt and pepper in a large resealable plastic bag and shake to coat. Bake at 400°F for 30–45 minutes or until toasted.

