

## **Wild Rice and Squash Dressing**

**SOURCE:** Sunset, NOVEMBER 2001

**Notes:** If making up to 1 day ahead: cool/cover/chill - reheat, covered, in a microwave-safe container in microwave at full power, stirring occasionally, till hot, 5-6 minutes - OR bake, covered, in shallow 2.5-3 qt casserole in 325° oven (350° if baking with a turkey at that temperature), stirring once or twice, till hot in center (about 1 hour).

### **INGREDIENTS:**

1 C wild rice	1.5 lbs banana squash
1 lb mild Italian sausages	1 onion (12 oz), peeled/chopped
1 C long grain white rice	2 C fat-skimmed chicken broth
1/3 C dried currants	1 tsp ground coriander
1/4 tsp ground nutmeg	1 cinnamon stick (3" long)
1 pkg (10 oz) frozen chopped spinach, thawed	
Salt + pepper	

### **DIRECTIONS:**

In 5-6 qt pan over high heat, bring 2 qts water to boil – rinse/drain wild rice - add to boiling water, cover and return to boil - reduce heat - simmer, covered, till rice is tender and beginning to split (35 to 45 minutes) - drain. Meanwhile, cut off and discard pulp from squash - cut squash into 1/2" cubes (about 4 C). Remove casings from sausages and discard - crumble sausages into 5-6 qt nonstick pan - stir often over medium-high heat till browned (about 5 minutes) - discard all but 2 TBS fat in pan - add onion - stir often till lightly browned (about 5 minutes) - add white rice- stir till beginning to turn opaque (about 3 minutes) - add broth, currants, coriander, nutmeg + cinnamon to pan - bring to boil over high heat- cover reduce heat- simmer for 5 minutes - add squash – cover/simmer over low heat, gently stirring once, till rice and squash are tender (15-20 minutes) - squeeze liquid from spinach - add spinach + wild rice to pan - mix gently - cover/cook till hot (about 5 minutes) - add salt + pepper to taste.

Yield: 10 C – 10-12 servings

**NUTRITION PER SERVING: CALORIES 257 (33% from fat); FAT 9.3g (sat 3.1g); PROTEIN 9.3g; CHOL 23mg; SODIUM 300mg; FIBER 2.8g; CARBOHYDRATE 32g**