



PUMPKIN BREAD PUDDING

This is a great side dish that's substantial enough to serve as a vegetarian or vegan entree!

PREP: 20 MINS

BAKE: 30 MINS + 10 MINS

REST: 50 MINS

INGREDIENTS

- 1 cup prepared wild rice
follow package directions
¼ cup rice to 1 ¼ c water
Can substitute with veggie rice for Keto-friendly food
- 2 medium sized acorn squash
can also use butternut if you choose, save the "neck" for another use
- 1/2 cup small-diced carrot
- 1/2 cup small-diced onion
- 1/2 cup small-diced celery
- 2 TBS oil/butter*/margarine*
- salt & pepper, to taste
- 1/2 cup toasted nuts
(walnuts, pecans, pistachio)
optional, can omit if someone has a nut allergy
- 1/4 cup chopped dried fruit
(apricots, raisins, currants)
optional, can omit if someone is eating Keto
- 2 TB molasses, maple syrup or honey
optional, can omit if someone is eating Keto
- Toppings
- 2 tsp butter or margarine, melted
- 1/2 cup caramelized onion or onion jam (optional)

ADVANCE PREP

Spread nuts in a single layer on a baking sheet. Toast in a pre-heated 350°F oven for 6 minutes. When time is up, immediately remove from the hot pan on to a cold dinner plate and set aside to cool.

DIRECTIONS

Cut squash in half (on the equator, to show off the scallops) and remove seeds.

Cut off a the pointy end of the bottom so that it will sit straight up in your baking sheet.'

Place squash cut side down in an oven safe pan. Add approximately 1/2" of water and bake at 350°F for 30 minutes, until tender. (See below for microwave directions for a faster preparation time)

Sauté carrot, onion and celery in fat until very tender. Mix in desired filling ingredients thoroughly in a bowl. Season with salt & pepper, to taste.

When squash is thoroughly cooked, divide filling ingredients between the halves. Drizzle with butter/margarine/oil if desired, and top with caramelized onion or onion jam.

FINAL STEP

Bake an additional 10 minutes at 350°F, and cover with foil to keep warm until ready to serve

MICROWAVE DIRECTIONS

If you have access to a microwave, place squash cut side down in a microwave-safe dish, and cook on HIGH for 8 minutes, until tender.

This method does not require adding water to the dish.

If you use a Pyrex or Corningware dish, it can be put in the microwave to cook the squash, and then put back in the microwave, or put it in the conventional oven to finish cooking.

** VEGAN OPTION*

use margarine to be vegan (check; some brands do have dairy in margarine)

You can add cooked lentils for additional protein, or add your favorite faux-tien crumble.