



Wild Rice & Butternut Squash Stuffing

Prep: 45 minutes

Bake: 25 minutes • Serves: 12

- 2 cups wild rice
- Nonstick cooking spray
- 6 slices rye bread, cut into $\frac{3}{4}$ -inch cubes (about 4½ cups)
- $\frac{3}{4}$ cup pecan pieces (about 3 ounces)
- 3 tablespoons unsalted butter
- 2 medium celery ribs, cut crosswise into $\frac{1}{4}$ -inch pieces (about 1 cup)
- 1 small onion, chopped (about 1 cup)
- 4½ cups chopped butternut squash (from 2-pound squash)
- $\frac{1}{4}$ cup chopped fresh flat-leaf Italian parsley leaves
- $\frac{1}{4}$ cup chopped fresh sage leaves
- $\frac{1}{4}$ cup golden raisins
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 can (14 ounces) low sodium chicken broth
- 2 large eggs

1. Preheat oven to 350°F. In medium saucepot, heat 6 cups water to boiling over high heat. Stir in rice; reduce heat to medium. Cook, covered, 30 to 35 minutes or until rice is tender and liquid is absorbed.

2. Meanwhile, spray 9-inch square glass or ceramic baking dish with nonstick cooking spray. Place bread in single layer on rimmed baking pan. Spread pecans in single layer on separate rimmed baking pan. Bake bread 12 to 15 minutes or until lightly browned and crisp; toast pecans 10 to 12 minutes or until browned and fragrant. Cool bread and pecans 5 minutes; transfer bread to large bowl.

3. In large skillet, melt butter over medium-high heat. Add celery, onion and squash; cook 12 to 15 minutes or until vegetables are tender, stirring occasionally. Stir in parsley, sage, raisins, salt, pepper and nutmeg. Add broth and heat to simmering over medium heat; remove skillet from heat.

4. In small bowl, whisk eggs. Pour hot broth mixture over bread in bowl and toss until evenly moistened. Fold in rice, pecans and eggs, tossing gently until combined. Set aside 4 cups stuffing for turkey. Transfer remaining stuffing to prepared dish; cover tightly with aluminum foil. Bake stuffing 15 minutes; uncover and bake 10 to 15 minutes longer or until top is lightly browned. Makes about 10 cups.

Approximate nutritional values per serving:

266 Calories, 9g Fat (3g Saturated), 38mg Cholesterol, 234mg Sodium, 39g Carbohydrates, 5g Fiber, 9g Protein