Stuffed Acorn Squash with Wild Rice, Farro and Cranberries

Serves 8

4 small (under 1 pound) acorn squash, halved crosswise and seeded
Salt and pepper to taste
2/3 cup wild rice
1/2 cup pearled farro
2 tablespoons olive oil
1 onion, finely chopped
2 stalks celery, finely chopped
1 large apple, peeled and cut into small dice
2 tablespoons chopped fresh sage leaves
1/2 cup dried cranberries
1/2 cup fresh or frozen cranberries
1/2 small bunch lacinato kale, stemmed, rinsed, and cut into thin ribbons
1/4 cup water
1/2 cup coarsely chopped pecans

1. Heat the oven to 375 degrees. Line a baking sheet with parchment paper. Lightly oil a baking dish large enough to accommodate the squash.

2. On the baking sheet, place the squash halves with their cut sides down. Roast for 30 to 35 minutes, or until tender. Remove and let cool for 15 minutes. Scoop out the seeds and pulp. Cut a sliver from the bottom of each squash half so that it will stand upright, and place the halves in the baking dish with the hollowed sides up.

3. Meanwhile, bring a large saucepan of water to a boil. Add a pinch of salt and the wild rice. Lower the heat, cover the pan, and simmer for 45 to 50 minutes, or until the rice is tender. Set a large strainer over a bowl and drain the excess liquid from the rice.

4. Bring a separate saucepan of water to a boil. Add a pinch of salt and the farro. Lower the heat, cover the pan, and simmer for 10 minutes, or until the farro is tender. Set a strainer over a bowl and drain.

5. In a large skillet over medium heat, heat the oil. Add the onion, celery, apple, sage, salt, and pepper. Cook, stirring occasionally, for 8 minutes, or until the vegetables soften. Stir in the dried cranberries, fresh cranberries, kale, and water. Cook, stirring often, for 3 to 4 minutes, or until the kale is tender, adding more water a tablespoon at a time if the pan seems dry. Stir in the cooked farro, rice, and pecans. Taste for seasoning and add more salt and pepper, if you like.

6. Spoon the filling into the squash halves in the baking dish. Loosely cover the pan with foil and bake for 20 minutes, or until it is hot all the way through. The stuffed squash halves can be made one day in advance and reheated in a microwave if oven space is scarce.