

Pumpkin Bowls with Wild Rice

Recipe By *Estee Kafra*



Cooking and Prep: 
1.5 h

Serves:  12

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free

Source: Family Table by
Mishpacha Magazine

A fun way to use the best of the season's bounty! When I saw these adorable little pumpkins sitting in bushels, I just couldn't leave them there. I baked one to see if it was even edible and it turned out to be delicious and so easy to scoop out the flesh. They make fantastic bowls for any grain you favor.

Ingredients (10)

Main ingredients

- 12 baby pumpkins, approximately fist-sized
- 1 cup dried cherries
- 1 cup boiling water
- 4 teaspoons oil
- 1 Vidalia onion, finely chopped

- 2 cups rice blend (I like Lundberg Wild Blend)
 - Haddar Kosher Salt, to taste
 - freshly ground Gefen Black Pepper, to taste
 - 1 scallion, finely chopped
 - zest of 1 lemon
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Start Cooking

Prepare the Pumpkins

1. Preheat the oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Place the pumpkins on a cookie sheet. Bake in the center of the preheated oven for 20 minutes.
3. Remove from the oven and let cool. Cut off the tops and scoop out the seeds, creating a bowl for the rice mixture.

Make the Rice

1. Soak the cherries in the boiling water.
2. Meanwhile, heat the oil in a large saucepan set over medium heat. Add the onion; cook until softened. Add the rice, stirring until coated with the oil. Add as much water as directed on the package. Season with salt and pepper. Bring to a boil. Lower the heat and simmer, covered, for 40 minutes or until the rice is almost finished cooking.
3. Add the soaked cherries with about one cup of the water they were soaking in. Cook until the rice is completely tender. Stir in the scallions and lemon zest.
4. Fill the pumpkin cavities with the rice mixture. Rewarm all together on a cookie sheet, or serve at room temperature.