

# Venison Squash Canoes



PREP TIME  
15 minutes

COOK TIME  
50 minutes

READY IN  
65 minutes



SERVINGS  
6-8

**FOREST  
INGREDIENTS**  
Venison  
Beach Asparagus

## *Ingredients*

- 1 large Acorn Squash
- Olive oil, spray
- 1 lb Ground Venison*
- 1 Tbsp olive oil
- ½ cup white onion, chopped
- Salt & Pepper
- ½ tsp garlic powder

## *Steps*

- On a large cutting board, cut the squash in half. Spray the exposed squash with olive oil and sprinkle it with salt.
- Place squash on a baking sheet (face down) and bake at 400° for 40-55 minutes (until fork tender).
- Meanwhile, in a small pot, add 1 cup quinoa to 2 cups of water. Bring to a boil, then reduce to low heat and simmer for 15 minutes.
- In a skillet, add oil and chopped onions, cooking over medium heat until onions

## FOREST FRESH ALASKA

1 tsp Italian Seasoning Blend

1 cup Quinoa

6 cups Spinach, chopped

¼ cup pickled beach asparagus, chopped

become translucent.

- Add ground venison and spices to the onions, cooking over medium heat until the venison is browned and cooked through. Add 2 cups chopped spinach and chopped pickled beach asparagus and cook for two more minutes.
- Add quinoa to the skillet and stir to mix.
- To plate, add a hearty serving of chopped spinach, add a slice of squash to make “canoes,” and add a helping of venison-quinoa. Serve with a smile. :)

## *Notes*

This recipe is quick, healthy and simple. The sweetness of the squash pairs nicely with the wild game. Replace ground venison with other wild ground game, such as moose, caribou or buffalo. For extra sweetness add dried cranberries.