

Recipe Name: Acorn Squash with Lamb**Recipe Category:** Lamb**Portion Size:** 1 cup lamb and rice, ½ c. squash**Ingredients:** Yields: 8 servings

Ingredients	Notes:
3 cups water	
1 1/2 cups uncooked white rice	
2 pounds lamb, ground	May use ground turkey or beef
1 large onion	Washed, peeled and diced
2 gloves garlic	Washed, peeled and minced
1 teaspoon thyme	
1 teaspoon basil	
1 teaspoon dry ground mustard	
2 large acorn squash	Washed, cut in half and seeded removed
Salt and pepper to taste	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	In a medium saucepan bring water to boil	
2	Add rice and stir.	
3	Reduce heat, cover and simmer for 20 minutes.	
4	Preheat oven to 350 degrees F (175 degrees C).	
5	In a large skillet over medium heat, place the ground lamb, onion, garlic, thyme, basil and ground mustard. Cook until the lamb is evenly brown and the onion is soft. Stir the rice into the mixture.	Lamb temperature must reach 165 degrees.
6	Stuff the acorn squash halves with the ground lamb mixture. Season with salt and pepper.	
7	Place stuffed squash on a medium baking sheet	
8	Bake in the preheated oven 30 minutes, or until the squash is tender.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw meat.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½" particle size after cooking. Peel squash. Moisten with milk as needed after cutting.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to ¼" particle size after cooking. Peel squash. Moisten with milk as needed after chopping.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Peel squash. Moisten with milk as needed after processing.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. Peel squash. May add milk or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Serve ½ c. puree meat, ½ c. puree rice mixture and ½ c. puree squash separately.

Therapeutic Modified Diets:

Lowfat: No changes needed.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Omit onion, thyme, basil, garlic, mustard and pepper.

Liberal House Renal: Omit salt and squash. Serve 1/2 cup SF rice in place of squash.

No Added Salt: No changes needed

2 Gram Sodium: Omit salt

Gluten Free: No changes needed. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nut s	Other

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free