

Sausage-Stuffed Acorn Squash



Makes 4 Servings

Ingredients:

For squash:

- 2 acorn squash
- 4 tsp. olive oil
- Salt and pepper

For filling:

- 1 pound Italian sausage, chicken sausage or 93% lean ground turkey
- 1 Tbsp. olive oil
- 8 oz. mushrooms, finely chopped
- 1 small yellow onion, finely chopped
- 1 medium sweet-crisp apple, cored and finely diced (peeled or unpeeled)
- ½ tsp. salt
- ¼ tsp. black pepper
- ¼ tsp. ground nutmeg
- ⅛ tsp. ground allspice
- 2 cloves garlic, chopped
- 1 Tbsp. chopped fresh sage (or 1 tsp. ground)
- ½ cup shredded parmesan cheese

Directions:

1. **Preheat oven to 400 degrees F.**
2. Wash and cut squash in half from stem to base. Discard stringy core and seeds. Arrange halves, cut side up, on a rimmed baking sheet. Brush each half with 1 tsp. olive oil. Sprinkle with salt and pepper. Place in oven and bake 35-40 minutes until flesh is fork-tender. When done, set aside and reduce oven temperature to 375 degrees F.
3. While the squash bakes, prepare the filling: heat 1 Tbsp. oil in large skillet over medium heat. Add sausage. Break into small pieces and cook until completely browned. Add mushrooms, onions, apple, salt, pepper, spices and garlic. Cook, stir frequently, until apple and vegetables are soft – about 8 minutes.
4. When squash is cool enough to touch, scoop out the flesh, leaving a wall about ¼-inch thick. Add the scooped squash to the skillet with meat. Add herbs and cheese. Stir to combine.
5. Mound the squash mixture into the scooped-out shells. Place the pan back in the oven for about 15 minutes until filling is hot. Serve immediately.

Nutritional Facts Per Serving (one filled squash half):

Calories: 421 • Fat: 20g •
Sodium: 1226mg (less if using ground turkey) •
Carbohydrates: 40g • Dietary Fiber: 6g •
Protein: 26g

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