



Sausage and Apple Stuffed Acorn Squash

You will need:

2 Acorn squash
1 pound sausage
1/2 onion, finely diced
2-3 cloves garlic, minced
8 ounces Crimini (baby
Bella) mushrooms, diced
2 apples, diced (I used
Honeycrisp!)

1 cup breadcrumbs
3/4 cup Parmesan cheese
2 teaspoons olive oil,
divided
Ground sage and dried
basil (to taste)
Salt and pepper to taste



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Directions:

Preheat oven to 400; spray a 9x13 baking dish with cooking spray and set aside. Trim the ends from the acorn squash and cut in half (not lengthwise); remove seeds and pulp. If you've cut it correctly, the halves should look like pretty orange flowers! Drizzle halves with a teaspoon (or more if needed) of olive oil; season with salt and pepper. Bake at 400 for 20 minutes.

Meanwhile, heat a teaspoon of olive oil in a large frying pan over medium heat and add onion. Saute until translucent: 2-5 minutes; then add mushrooms and continue to saute. Add garlic and saute for about one minute, then add sausage and brown until cooked through. Add breadcrumbs and Parmesan cheese. Add apples last (to help them keep their shape and flavor).

Season with sage and basil; add salt and pepper to taste. Fill the prepared squash halves with stuffing; and top with another sprinkle of Parmesan cheese. Bake for another 20 minutes at 400; serve hot.

Gluten-Free subs: swap breadcrumbs for GF oats or GF breadcrumbs
Plant-based: Increase mushrooms, apples and onions in filling; omit cheese; swap sausage for meatless protein crumbles

Nutrition Facts- Servings: 4-6 • Size: 1/2 stuffed squash • Calories: 534 • Fat: 29.1 g
• Carbs: 46.9 g • Fiber: 5.9 g • Protein: 23.4 g • Sugars: 10.2 g



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