

Stuffed Acorn Squash

Ingredients

- 2 large acorn squash
- 2 Tbsp butter, melted
- $\frac{1}{2}$ tsp ground sage
- $\frac{3}{4}$ lb. Italian (sweet) turkey sausage links, casings removed
- 1 celery rib, finely chopped
- 2 cups apples, peeled and chopped
- $\frac{1}{2}$ cup golden raisins
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{1}{8}$ tsp ground nutmeg
- 1 egg, beaten

Directions

1. Preheat oven to 425°F.
2. Wash and dry acorn squash before halving. Combine melted butter and sage. Brush the flesh of each squash with the butter mix. Place the squash on a cookie sheet, cut side up and roast for 50 minutes until fork tender.
3. In a large skillet over medium heat, crumble and brown sausage. Remove and rinse fat.
4. Add celery to skillet and cook for 1 minute. Add in apples and cook for 2 minutes. Stir raisins and sausage back into mix. Remove from heat. Add brown sugar, cinnamon, nutmeg, and beaten egg. Mix well.
5. Divide the stuffing evenly among the 4 squash halves. Return to oven and bake for another 20 minutes.

Handling & Storage

Select an acorn squash that is heavy for its size with smooth, dull skin and no soft spots. Look for a good balance between green and orange coloring.

Use within 2 weeks of purchase. Once cut, wrap in plastic, and refrigerate up to 4 days.

To prepare, rinse and cut lengthwise.

Nutritional Information

Calories: 562

Total Fat: 31.4 g

Saturated Fat: 11.9 g

Trans Fat: 0.2 g

Cholesterol: 128 mg

Sodium: 718 mg

Total Carbohydrates: 54 g

Dietary Fiber: 5.6 g

Sugars: 25.5 g

Protein: 20.5 g

Serves: 4