



175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org

Stuffed Baked Acorn Squash Shopping List

- Acorn squash
- Olive oil
- Sweet or hot Italian turkey or chicken sausage
- 1 small yellow onion
- 1 medium red pepper
- 1 package precooked whole-grain brown rice
- Fresh parsley
- Kosher salt
- Fresh ground black pepper