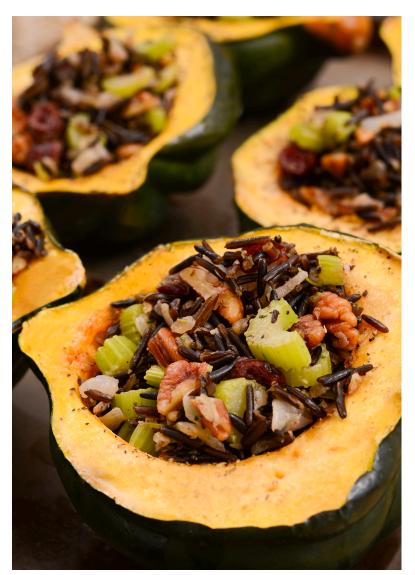


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Stuffed Baked Acorn Squash*

Makes 4 servings. Recipe from GoodHousekeeping.com.

Ingredients

2 acorn squash (about 2 1/2 pounds)

1 tbsp. olive oil

1/2 lb. sweet or hot Italian turkey or chicken sausage

1 small yellow onion

1 medium red pepper

Salt and ground black pepper

1 package precooked whole-grain brown rice (scant 2 cups)

2 tbsp. chopped fresh parsley leaves

Nutritional info

Calories: 396 Total Fat: 10g Cholesterol: 50mg Sodium: 379mg Protein: 16g Carbohydrates: 64g Calcium: 130mg Iron: 4mg Potassium 1129mg

*Photo does not accurately represent recipe.

Directions

- 1. Lightly grease microwave-safe large plate; place squash halves, cut sides down, on plate (it's OK if halves overlap slightly). Cook squash in microwave oven on High 8 to 9 minutes or until fork-tender; set aside until cool enough to handle.
- 2. Meanwhile, preheat oven to 375 degrees F. Line 15 1/2" by 10 1/2" jelly-roll pan with foil. In nonstick 12-inch skillet, heat oil over medium-high heat until hot. Add sausage and cook until browned, breaking up sausage with side of spoon. With slotted spoon, transfer sausage to large bowl.
- 3. To same skillet, add onion, red pepper, 1/2 teaspoon salt, and 1/4 teaspoon black pepper, and cook over medium heat 6 to 8 minutes or until lightly browned and tender, stirring occasionally; add to sausage in bowl.
- 4. With spoon, scoop out squash, leaving 1/4-inch-thick shell. Add scooped-out squash to bowl with sausage; stir in rice (it is not necessary to heat rice as label directs) and parsley until combined.
- 5. Spoon sausage mixture into squash shells; place in prepared pan. Bake 20 minutes or until heated through.