

TURKEY SAUSAGE-STUFFED ACORN SQUASH

Preparation: 30 min | Cooking: 50 mins. | Servings: 8

INGREDIENTS

4 medium acorn squash
(about 1 1/2 pounds each)
1 pound Italian turkey sausage links, casings removed
1/2 pound sliced fresh mushrooms
8 ounces fresh mozzarella cheese, chopped
1 medium apple, peeled and finely chopped
1 small onion, finely chopped
3 cups fresh baby spinach
1 cup cherry tomatoes, halved
1 tbsp. minced fresh thyme
1/2 tsp. red wine vinegar
2 tsp. fennel seed
2 tsp. caraway seeds
1/2 tsp. dried sage leaves
1/4 tsp. salt
1/8 tsp. pepper



INSTRUCTIONS

Preheat oven to 400°. Cut squash lengthwise in half; remove and discard seeds. Using a sharp knife, cut a thin slice from bottom of each half to allow them to lie flat. Place squash in a shallow roasting pan, hollow side down; add 1/4 in. of hot water and halved tomatoes. Bake, uncovered, 45 minutes. Meanwhile, in a large skillet, cook sausage, mushrooms, apple, onion and dried seasonings over medium heat 8-10 minutes or until sausage is no longer pink, breaking up sausage into crumbles; drain. Add spinach, thyme, salt and pepper; cook and stir 2 minutes. Remove from heat. Carefully remove squash from roasting pan. Drain cooking liquid, reserving tomatoes. Return squash to pan, hollow side up. Stir cheese, vinegar and reserved tomatoes into sausage mixture. Spoon into squash cavities. Bake 5-10 minutes longer or until heated through and squash is easily pierced with a fork.