

STUFFED ACORN SQUASH

Preparation: **10** minutes | Cooking: **20** minutes | Servings: **3**

INGREDIENTS

3 acorn squash
2 sprigs fresh thyme
2 stalks celery, chopped
2 cloves garlic, minced
1 bunch kale, chopped
½ pound sweet Italian sausage
½ yellow onion, chopped
2 cups apple cider vinegar
1 cup farro
3 tablespoons olive oil
1 tablespoon fresh thyme, chopped
Salt and pepper



INSTRUCTIONS

Preheat oven to 400 degrees. Cut each squash in half and remove all the seeds. Brush the tops of the squash with olive oil and season with salt and pepper. Roast until tender, about 30-35 minutes. While you wait for the squash, prepare the farro. In a medium saucepan, combine your farro with 2 cups apple cider vinegar, 1 cup water and 2 thyme sprigs. Bring to a simmer and cook, stirring occasionally until the liquid is evaporated and the farro is tender, about 25-30 minutes. While farro and squash are cooking, prepare your filling. In a large skillet over medium heat, heat your remaining olive oil and add the sausage. While it's cooking, break apart and stir until golden and cooked through. Place sausage aside. Using the oil that remains in the skillet, add onion and celery and cook until soft. Season with salt, pepper, garlic and chopped thyme. Add your chopped kale and stir frequently. Add your remaining apple cider vinegar. Cook until kale is tender. Once everything is cooked, mix the filling together and place inside the squash. Broil for about 2-3 minutes or until tops are golden. Enjoy!