

Sausage & Apple Stuffing with Acorn Squash

Ingredients

- 2 Acorn Squash
- 2 TBS Olive Oil
- Salt & Pepper
- 1 lb Ground Italian Chicken Sausage (can use pork sausage also)
- 1 small Onion, finely chopped
- 2 garlic cloves, minced
- 2 Large Celery Stalks, finely chopped
- 1 apple, diced - (any variety will do! I use honey crisp)
- 1/2 tsp dried sage
- 1 cup Panko Bread Crumbs
- 1 cup Parmesan Cheese

Directions

1. Preheat oven to 425°
2. Cut the acorn squash in half from top to bottom using a sharp knife. Use a spoon to scrape out membranes (kind of like a pumpkin!). Cut each half into 4 equal wedges, and then place the wedges orange side down in a glass microwave safe dish with 1 TBS of water. Microwave for 5 minutes
3. While squash is in the microwave, heat 2 TBS of olive oil over medium heat in a large skillet. Add sausage to the skillet and start browning.
4. Meanwhile, dice your onion, apple and celery.
5. Remove squash from the microwave, and place skin side down on a baking sheet lined with parchment paper. Spray with olive oil spray, and season with salt and pepper. Place in the oven (20-25 minutes)
6. Add onion and celery to the skillet with sausage. Saute for 3-4 minutes. Add apples to the skillet and continue cooking for 5 minutes (medium heat).
7. Add 1 cup of Panko breadcrumbs to the skillet and mix gently. Cook for 2-3 minutes.
8. Turn heat to low, and mix in one cup of parmesan cheese to the skillet.
9. Remove squash from oven, and top with stuffing mixture. For kids, I keep the squash separate from the stuffing. I remove the acorn squash skin before serving to the kids to make it more approachable!

MADE WITH LOVE

by Teresa Forchand