

# SAUSAGE STUFFED ACORN SQUASH



**Serves 4**

## Ingredients

- 2 acorn squash, cut in half
- 4 teaspoons olive oil
- 1/2 tablespoon olive oil
- 1 pound Italian chicken or turkey sausage
- 8 ounces cremini mushrooms, finely chopped
- 1 small yellow onion, chopped
- 1 medium sweet-crisp apple, cored and finely diced
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon allspice
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh sage
- 1/2 cup shredded Parmesan cheese

*Lula*

## Directions

*Preheat the oven to 400 degrees.*

Scoop out and discard the stringy core and seeds of the squash. Arrange the halves cut-sides up on a rimmed baking sheet lined with foil. Brush each half with 1 teaspoon olive oil and sprinkle with salt and pepper. Place in the oven and bake for 40 minutes, until the edges begin to wrinkle and the flesh is fork-tender. Set aside. Reduce the oven temperature to 375 degrees.

While the squash bakes, prepare the filling: Heat the olive oil in a large skillet over medium-high heat. Add the sausage. Brown the meat, breaking it apart into small pieces for 3 minutes. Add the mushrooms, onion, apple, nutmeg, allspice, and minced garlic—season with salt and pepper. Cook, frequently stirring, until the sausage is cooked through, the vegetables and apple are softened, and the liquid has cooked off about 8 additional minutes.

When the squash is cool enough to handle, scoop out its flesh, leaving a wall all the way around that is about 1/4-inch thick. Add the scooped squash to the pan with the sausage. Add the sage and 1/4 cup Parmesan. Stir to combine. Taste and adjust season as desired.

Mound the filling inside of the hollowed squash halves. Sprinkle the remaining Parmesan over the top. Place the pan in the oven and bake until the cheese is melted and the filling is nice and hot about 15 minutes. Sprinkle with additional fresh herbs as desired. Serve hot.