SAUSAGE STUFFED ACORN SQUASH

Quick nourishing meal filled with sausage, colorful vegetables and topped with parmesan.

INGREDIENTS

4 servings

- 2 medium acorn squash
- 1 tbsp olive oil, plus extra for brushing onto the squash
- 1 yellow onion, *diced small*
- 1 red bell pepper, *diced small*
- 2 stalks celery, *diced small*
- salt and pepper, *to taste*
- 1/2 tsp dried thyme
- 3 cloves garlic, *minced*
- 1 lb Italian sausage, *casings removed*
- 2 cups torn curly kale
- 3/4 cup grated parmesan cheese

DIRECTIONS

1. Preheat oven to 400 degrees F and line a large baking sheet with parchment paper.
2. Slice a small piece off the top and bottom of the squash so it can sit upright, then slice the squash in half width-wise. Scrape out the seeds.
3. Place the squash halves on the baking sheet and brush with olive oil. turn upside down and roast for 25 minutes.
4. Meanwhile, over medium heat, warm 1 tbsp of oil in a large skillet. Add the onion, bell pepper, and celery. Saute 3-5 minutes. Add thyme, garlic and sausage, cook until sausage is fully cooked.
5. Place torn kale over sausage mixture, cover and steam for 1-2 minutes, then stir. Once kale is wilted, add half of the parmesan.
6. Once squash is done roasting, remove from oven and flip squash bowl side up. Split filling evenly between each squash (they will be over full). Sprinkle with remaining parmesan.
7. Broil for 2-3 minutes until cheese is melted.