



STUFFED ACORN SQUASH

This savory stuffed acorn squash is so delicious - and it's addicting! By making the stuffing while the squash is roasting, you'll cut down on the prep time. If you'd rather use fresh herbs - double the amount!

INGREDIENTS

- 2 medium acorn squash
- Olive oil + sea salt for roasting
- 2 Tbsp olive oil divided
- 1 lb Italian sausage bulk
- 1 medium yellow onion diced
- 1 C white mushrooms chopped
- 3 cloves garlic minced
- Sea salt and black pepper to taste
- 1 tsp rosemary minced
- 1 tsp sage minced
- 1 tsp thyme
- 1 T parsley
- 2 C riced cauliflower or plain white rice (cooked)
- 2 T milk or almond milk
- Sea salt and black pepper to taste
- 1/2 tsp crushed red pepper - optional



INSTRUCTIONS

1. Preheat your oven to 400° F and line a baking sheet with parchment paper. Cut both acorn squash in half, lengthwise, and scoop out the seeds with a spoon.
2. Drizzle the insides with oil and brush to coat, then sprinkle with sea salt. Place squash face down on the prepared baking sheet and roast in the preheated oven for 22-30 minutes, or until it feels tender when the top is pressed on. You might need more or less time depending on the size of your squash.
3. Meanwhile, heat a large skillet over medium high heat and add 1 T of olive oil. Once hot, crumble in the sausage and use a spoon or spatula to break up lumps. Cook until browned, stirring as needed, about 5-7 minutes, then remove to a plate.
4. Lower the heat to medium and add another T of olive oil. Add the onions and cook, stirring occasionally until soft and fragrant, about 3-5 minutes.
5. Add the mushrooms and garlic, then sprinkle with sea salt and pepper. Cook, stirring occasionally, 3 minutes, then stir in the rosemary, sage, thyme, and parsley. Continue to cook another 2-4 minutes or until soft and fragrant.
6. Stir in the cauliflower rice and milk. Cook, stirring occasionally, a few minutes to soften the rice, then season with sea salt, black pepper, and red pepper if desired. Add the cooked sausage back to the skillet and cook the mixture together for another two minutes to blend flavors.
7. Preheat your broiler. Keep the squash on the baking sheet, face up, and fill with the stuffing mixture, piling it up to use all the stuffing. Your squash might be more or less full depending on size. Place under the broiler for 2-4 minutes or until the tops are nicely browned and sizzling.
8. Remove from the oven and serve right away, garnished with more fresh herbs if desired. Enjoy!