

Sausage and Apple Stuffed Acorn Squash

Adapted from Kaarin at food.com

Makes 4 Servings

Ingredients

- 2 acorn squash, halved and seeded
- 2 tsp extra virgin olive oil
- 1 tsp ghee or butter (preferably grass fed)
- ¼ tsp garlic salt or [Homemade Lawry's Seasoned Salt](#)
- ½ tsp dried sage
- 1 pound high quality mild ground pork or chicken sausage - raw
- 1 Tbsp extra virgin olive oil
- ½ cup sweet onion, finely chopped
- 1 celery rib, finely chopped
- 4 ounces mushrooms, chopped
- 2 Fuji or Macintosh apples, cored and chopped
- ¼ cup Panko bread crumbs (optional)
- Salt and pepper, to taste



Directions

Prepare and Cook Squash Halves:

1. Brush the tops and cavities of squash halves with 2 tsp olive oil and 1 tsp ghee (or you can use 1 Tbsp olive oil and omit the ghee - the ghee helps them brown up nicely and adds yumminess!).
2. Season the tops and cavities with sage and garlic salt or seasoned salt.
3. Bake squash cut side up in a 400°F oven for 1 hour until squash is tender but still holds its shape.

Prepare and Cook Stuffing:

1. While squash is cooking, crumble and brown the sausage in a skillet.
2. Remove sausage from skillet and drain on paper towels or in a colander.
3. Pour off fat from skillet and add 1 Tbsp olive oil. Add onion, celery and mushroom and sauté for 4 minutes.
4. Add apples and sauté 2 more minutes.
5. Add the sausage back to the pan with the apple mixture. Combine thoroughly.
6. Cut off the heat and add the Panko bread crumbs (optional – tastes great even without Panko bread crumbs.) Season with salt and pepper if desired (depending on the sausage you choose, you may not need any more seasoning).
7. Fill each squash cavity with the stuffing mixture. Return the filled squash halves to a 400°F oven for 7 – 8 more minutes. Serve with a side salad or grilled asparagus. Enjoy!