

Stuffed Butternut Squash

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Home & Harvest, Recipes for Healthy Living



Servings: 12

Yield: 12 unit

Roasted Butternut Squash:

1 each butternut squash, large

2 tablespoons olive oil

1/4 teaspoon sea salt

1/2 teaspoon black pepper

freshly ground

Sausage filling:

1 tablespoon olive oil

1 each onion, medium size

12 ounces Italian Chicken

Sausage Links-mild (Whole Foods), cut in 1/4" cubes

4 cloves garlic, minced

1 tablespoon Italian seasoning

4 ounces spinach, fresh

1/2 cup dried cranberries

1/2 cup pecans, roasted, chopped

2 cups brown rice, whole-grain,

Basmati type

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How to roast butternut squash-

1. Preheat oven to 400 F.
2. Prepare the butternut squash. Slice squash in half lengthwise. Keep fingers away from the knife to avoid injury. Use a spoon to scoop out the seeds and fleshy strands tangled with the seeds.
3. Place butternut squash cut sides up on a baking sheet covered with parchment paper. Drizzle the cut sides of the butternut squash halves with olive oil and rub the oil into the squash. Season generously with salt and pepper.
4. Turn the squash halves over, and place it cut sides down on baking sheet.
5. Roast in the preheated oven at 400 F for 40 minutes to one hour, depending on your oven. I find squash always tastes better when cooked a little longer than usual.

Make sausage filling-

1. Make the sausage filling while the squash is being roasted in the oven.
2. In a large skillet, heat olive oil, add diced onion, and cook it on medium-high heat for about 2 minutes until cooked and a bit browned.
3. Add cut sausage, minced garlic, and Italian seasoning and cook for about 5 minutes or more on medium heat until the sausage is completely cooked through.
4. Add fresh spinach and cook for another 5 minutes on medium heat until the spinach wilts. You can add more than 4 oz if you so desire.
5. Add dried cranberries and chopped pecans and mix everything.
6. Season lightly with salt and pepper. You may not need it since the sausage is already usually salty.

Assembly-

1. After squash is cooked, remove it from the oven and turn the cooked squash halves cut sides up.
2. Let it cool slightly. Using a spoon, scoop out some of the flesh leaving about a 2-inch border along the sides.
3. Reheat the sausage mixture in the same skillet to warm it up.
4. Divide the sausage filling among the 2 halves and stuff the squash until the mixture is a little bit higher than level.
5. Top with fresh thyme, and a little more pepper if desired. With the sausage flavor, I really don't think you need more pepper. Yet, everyone has their own preferences.

This recipe has been modified from a recipe by Chef Michael D. Symon

Per Serving (excluding unknown items): 254 Calories; 10g Fat (35.1% calories from fat); 8g Protein; 34g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 262mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 33mg Calcium; 2mg Iron; 280mg Potassium; 108mg Phosphorus. Exchanges: 0 Grain(Starch); 0 Fat.