The Downtown Dish

Decadent Delights

Recipe Credit: Pinterest **Category:** Entrée

Stuffed Acorn Squash



Ingredients:

2 small/med acorn squash cut in half
1 tbsp olive oil plus sea salt and black pepper, for roasting
1 tbsp olive oil
½ lb Italian sausage
1 cup red onion, chopped
1 cup green bell pepper, chopped
1 clove garlic, minced
1 medium apple diced
1 tbsp fresh thyme leaves, chopped
1 cup kale, chopped
¼ cup dried cranberries fruit-sweetened
sea salt and pepper to taste
fresh parsley — for garnish if desired

Instructions:

Preheat oven to 425F and line a baking sheet with parchment paper and set aside.

Pour olive oil over the acorn squash and sprinkle with salt and pepper. Bake in oven for until skin is soft and fork-tender.

While squash roasts, heat 1 tablespoon olive oil in a skillet over medium-high heat. Add sausage and using a wood spoon break into coarse pieces. Cook until brown. It's about 5-6 minutes. Then, set it aside, but leaving fat in the skillet. In the same skillet, add onions and green bell pepper; cook until they're soft, 3-5 minutes. Add garlic and cook for 30 seconds.

Add diced apple, thyme and salt and pepper to taste. Cook for 1 minute and add chopped kale and cranberry. Cook for 2-3 minutes. Stir occasionally. Add the sausage and stir well to combine and cook just for 1-2 minutes to blend flavors. Preheat your broiler and divide apple-sausage filling among squashes.

Once filled, place the baking sheet under the broiler and broil until for 5 minutes or so. Garnish with fresh minced parsley and enjoy!

Presented By: DOWNTOWN SCHENECTADY IMPROVEMENT CORP.