

Mushroom and Sausage Stuffed Acorn Squash (Squash-age)

This is a hearty gluten-free, lower carb dish perfect for fall evenings. Serve on a bed of spring mix or arugula, lightly dressed with olive oil, salt and pepper, and sprinkled with slivered almonds or with a small salad and warm rustic bread on the side. Pairs nicely with earthy wines like Pinot Noir. Since it's a rustic savory dish, I've also heard it would go well with Grüner Veltliner (though I haven't personally tried it).

Ingredients for 4 servings:

- 2 medium acorn squash, halved and seeded
- Olive oil
- Salt and Pepper, to taste
- 1-pound ground savory sausage (i.e. Jimmy Dean)
- 1 cup chopped celery
- 1 cup chopped mushrooms (above half of an 8 oz. box)
- 1/2 cup chopped onion
- 1 egg, beaten
- ¼ tsp pepper, salt to taste
- ½ cup sour cream
- ½ cup grated Parmesan cheese

Instructions

Step 1

Preheat oven to 400 degrees F. Grease a baking sheet or line with aluminum foil.

Step 2

Lightly brush inside of squash halves with olive oil, sprinkle with salt and pepper, and place cut sides down, on the prepared baking sheet. Use non-stick aluminum foil or parchment paper in the baking sheet for easier clean up.

Step 3

Bake in the preheated oven until tender, about 45 min. Remove from oven and flip squash halves over and set aside to cool. Reset oven to 375 degrees.

Step 4

While the squash is baking, heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Add celery, mushrooms, and onion; cook and stir until celery is softened, 5 to 10 minutes. Remove skillet from heat and allow to cool.

Step 5

Beat egg in a large bowl; stir in sour cream, salt and pepper, and Parmesan cheese. Stir cheese mixture into cooled sausage mixture. Fill each squash half with about $\frac{1}{4}$ of the sausage filling. Top with additional parmesan cheese, if desired.

Step 6

Bake in the preheated oven until filling is cooked through, about 20 minutes. Allow to rest for 5 minutes before serving.