



Stuffed Acorn Squash

Equipment needed: oven, sauté pan, stove top

Yield: 4 servings

Ingredients

1 lb	#618590 Brown, Rice, Red Quinoa, Farro Blend	4-5 oz	raw Italian sausage
2	acorn squash, cut in halves, flesh scored	¼ cup	diced white onion
4 tbs	butter	1 cup	sliced baby bella mushrooms
8 tsp	brown sugar	1 tsp	minced garlic
4 tsp	maple syrup	1 cup	chicken stock
4 pinches	salt	2 tbs	dried cherries or cranberries
1 tbs	cooking oil or butter	1 tbs	chopped fresh sage
		4 tsp	shredded Parmesan cheese
			Salt and pepper to taste

Preparation

- 1) Preheat oven to 375°
- 2) Fill each half of squash with: 1 tbs butter, 2 tsp brown sugar, 1 tsp maple syrup and a pinch of salt
- 3) Roast squash for 30 minutes

For Filling:

- 1) Heat oil in sauté pan, cook Italian sausage over medium heat until pink color is gone, breaking down the meat as you go. Remove from pan with slotted spoon and set aside.
- 2) Add mushroom/onion and saute for 2 minutes. Add garlic and saute 1 more minute.
- 3) Add stock and brown rice/quinoa/farro blend. Cook over medium heat for 2 minutes or until most liquid has evaporated.
- 4) Stir in dried cherries and sage
- 5) Fill each squash half with ½ cup – 1 cup filling and garnish with Parmesan cheese