

HOLIDAY STUFFED ACORN SQUASH

By Dr. Cindy Tanzar
(Maintenance Plan or Special Occasion)
With Standard Plan option

This recipe is especially holiday-oriented, but is perfect throughout the fall and winter season. Be sure to use fresh cranberries and not the highly-sweetened dried variety. They add a deliciously tart pop to this sweet and savory dish.

One serving equals one stuffed squash and covers your protein, cooked vegetable, and fat for one meal.

Makes 4 servings.



INGREDIENTS

- 2 medium acorn squash
- 2 Tbsp avocado oil, divided
- 3/4 tsp. Pink Himalayan salt
- 1/4 tsp. black pepper
- 1 small onion, diced
- 4 cloves garlic, minced
- 1 lb. ground standard or turkey sausage (can make GHS recipe)



1 cup fresh cranberries
1 Tbsp fresh rosemary, chopped
1 Tbsp fresh thyme, chopped
1/2 cup Feta or Goat cheese, crumbled (not on standard plan)
2 Tbsp Kerry Gold butter

INSTRUCTIONS

Preheat the oven to 425°F. Line a baking sheet with parchment paper.

Slice the acorn squash in half from stem to tip. Scoop out the seeds. Brush the flesh of the squash with 1 tablespoon of oil. Sprinkle with salt and pepper and place on the baking sheet cut side down. Roast for 25-40 minutes, or until the squash is tender when inserting a knife.

While the squash is cooking, in a large skillet over medium heat add 1 tablespoon of oil. Add the diced onions, cooking 5-7 minutes, until starting to brown. Add the garlic and cook for 30 seconds.

Add the ground sausage, breaking it apart with a spoon. Increase the heat to medium-high and fully cook for 8-10 minutes while continuing to brown and crumble the sausage.

Stir in the cranberries, rosemary, and thyme. Reduce the heat to medium and cook for 5-10 minutes until cranberries have popped and are soft.

After squash have roasted, add 1/2 Tbsp of butter to each half and brush while melting.

Remove the meat mixture from the heat and stir in the Feta cheese. Stuff each acorn squash half with the meat filling and serve.