



## Autumn Stuffed Squash

**Prep Time:** 20 Minutes

**Cook Time:** Approximately 1 Hour

**Servings:** 6 - 8

### **Ingredients:**

- 4 acorn or carnival squash
- Olive oil, for brushing
- Salt and pepper
- 1 cup brown rice
- 2 cups water
- 1 tbsp olive oil
- 1 medium onion, chopped
- 4 turkey sausages, cut into ¼ inch rounds
- 1 cup chopped apple
- 1 cup chopped mushroom
- 1 tsp dried sage

- 1 bay leaf
- 1 tsp salt, plus more to taste
- ¼ tsp pepper, plus more to taste

**Instructions:**

1. Preheat oven to 375 °F
2. Cut squash in half and remove seeds and stringy flesh.
3. Brush squash with olive oil and sprinkle with salt and pepper.
4. Place squash cut side down on baking sheet and bake for 40-50 minutes until tender. Set aside.
5. In medium saucepan, combine water and brown rice. Cover and bring to a boil over high heat. Reduce heat to low and simmer until all the water has been absorbed and the rice is tender. Set rice aside.
6. In very large skillet or dutch oven, heat olive oil. Add chopped onions and sauté, stirring frequently, until starting to soften, about 3-4 minutes.
7. Add chopped mushrooms, apples, sausages, dried sage, the bay leaf, salt and pepper. Cook, stirring occasionally until sausages are cooked through, about 15 – 20 minutes.
8. Once sausages are cooked, add the cooked rice to the sausage mixture and mix well to combine. If necessary, add more salt and pepper to taste.
9. Scoop the filling into the squash, packing it down to fit in as much as you can.
10. Bake at 375 °f for 10-15 minutes to ensure its heated through.