



Baked, Stuffed Acorn Squash

Celebrate the harvest with a recipe for baked, stuffed acorn squash.

Ingredients 1 medium acorn squash, halved and seeded 1 medium onion, chopped 2 tsp. olive oil 1/2 lb. ground beef or turkey 1/4 cup bread crumbs 1 tsp. poultry seasoning Parmesan cheese

Preparation

Place squash halves facedown in a baking pan filled with 1-inch of water. Bake at 350 degrees F for 20 to 25 minutes or until tender (easily pierced with sharp knife). Cool until comfortable to the touch. While squash is cooling, sauté onions in olive oil until translucent. Add ground meat and cook until no pink remains; remove from heat. Scoop some of the squash into a large bowl, but leave enough in the shell to help the squash hold its shape. Mash removed squash with a fork. Add ground meat mixture, bread crumbs and poultry seasoning; mix well. Scoop mixture back into squash shells. Sprinkle with Parmesan cheese and bake for about 15 minutes at 350 degrees F until cheese is lightly browned. Serves 2.