

KALE + CRANBERRY TURKEY STUFFED ACORN SQUASH

Recipe

preparation: 25 min

total time: 1 hour

yields 2 servings

INGREDIENTS

1 acorn squash

EVOO

1 artisan turkey sausage link*

4 stems of kale

1 clove of garlic

1/4 c chopped onion

Sharp white cheddar cheese

Pure maple syrup

INSTRUCTIONS

1. Preheat oven to 375F and split the acorn squash in half. Scoop out the seeds and brush inside of squash with EVOO

2. Bake squash for 45 minutes

3. Meanwhile, heat 1 tbsp of EVOO in a skillet and saute the garlic and onions

4. Remove the casing of the sausage and add to the skillet

*I used a cranberry turkey sausage, but other artisan flavors would work!

5. Add a little more EVOO to the skillet, add the kale, and cook until it wilts

6. Stuff the squash with kale and sausage filling, sprinkle with cheese and bake for 4 minutes.

Top it off with a drizzle of maple syrup

Mint to Eat

