

# SAUSAGE STUFFED DELICATA SQUASH

Yield: 4 Servings



**TOTAL TIME:** 45 minutes

## INGREDIENTS

- 2 delicata squash, split, seeded
- ½ cup Arrowhead Mills Quinoa
- 6 oz. Italian Classics Mild Sausage, casing removed
- 1 Tbsp. Wegmans Pure Olive Oil
- 1 pkg. (7 oz.) Food You Feel Good About Diced Mirepoix
- ½ Granny Smith apple, peeled, cored, medium diced (½-inch)
- ¼ cup Food You Feel Good About Sweetened Dried Cranberries
- ½ cup Italian Classics Pine Nuts, toasted
- 2 Tbsp. chopped fresh parsley
- ½ tsp. chopped fresh rosemary
- ¼ cup Italian Classics Grated Parmigiano-Reggiano (Cheese Shop)
- 1 tsp. Italian Classics Sicilian Lemon Extra-Virgin Olive Oil

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## PREPARATION

Preheat oven to 350 degrees.

1. Place squash, skin side up, on microwave-safe dish; cover with microwave-safe plastic wrap. Microwave on high 10–12 min., until tender. Let rest about 5 min. until cool enough to handle. Carefully remove plastic wrap to avoid steam.
2. Make stuffing: Rinse quinoa thoroughly using a strainer. Boil 1¼ cups water and pinch salt; add quinoa. Bring to boil; simmer on medium-high. Cook, stirring often, about 10 min. until water is absorbed. Let cool.
3. Brown sausage in nonstick saute pan until completely cooked, breaking it up as it cooks. Remove from pan; set aside. Add olive oil and mirepoix to pan; cook 2 min. Add apple; cook 3 min. Add dried cranberries, pine nuts, parsley, rosemary, and sausage; cook 3 min. Remove from heat; stir in quinoa.
4. Fill squash hollows with stuffing mixture; place on baking sheet and bake 10 min. Remove from oven; top with cheese. Preheat oven to broil.
5. Broil squash 3 min. until cheese is lightly browned. Drizzle with lemon oil.

## NUTRITION

**Per serving:** Calories: 460; Fat: 26 g (6 g saturated fat); Cholesterol: 40 mg; Carbohydrates: 39 g; Protein: 18 g; Fiber: 7 g; Sodium: 410 mg.

Recipe courtesy of Wegmans