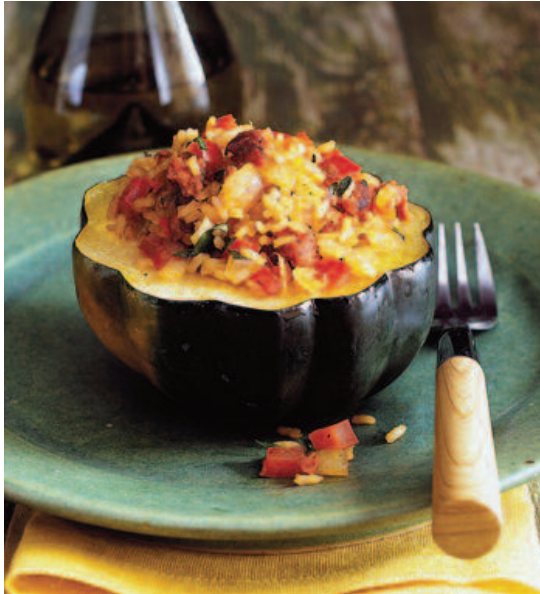


# ACORN SQUASH WITH BROWN RICE AND TURKEY SAUSAGE

Yield: 4 Servings



**TOTAL TIME:** 45 minutes

## INGREDIENTS

- 2 acorn squash (about 2½ pounds) (each cut crosswise in half and seeded)
- 1 Tbsp. olive oil
- ½ pound sweet or hot Italian turkey sausage (casings removed)
- 1 small onion (chopped)
- 1 medium red pepper (chopped)
- Salt and ground black pepper
- 1 package (8.8 oz.) whole-grain brown rice (precooked)
- 2 Tbsp. fresh parsley (chopped)

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## PREPARATION

1. Lightly grease microwave-safe large plate; place squash halves, cut sides down, on plate (it's OK if halves overlap slightly). Cook squash in microwave oven on high 8 to 9 min. or until fork-tender; set aside until cool enough to handle.
2. Meanwhile, preheat oven to 375 degrees. Line 15½ by 10½ jelly-roll pan with foil. In non-stick, 12-inch skillet, heat oil over medium-high heat until hot. Add sausage and cook until browned, breaking up sausage with side of spoon. With slotted spoon, transfer sausage to large bowl.
3. To same skillet, add onion, red pepper, ½ tsp. salt, and ¼ tsp. black pepper, and cook over medium heat 6 to 8 minutes or until lightly browned and tender, stirring occasionally; add to sausage in bowl.
4. With spoon, scoop out squash, leaving ¼ -inch-thick shell. Add scooped-out squash to bowl with sausage; stir in rice (it is not necessary to heat rice as label directs) and parsley until combined.
5. Spoon sausage mixture into squash shells; place in prepared pan. Bake 20 min. or until heated through.

## NUTRITION

**Per serving:** Calories: 365; Fat: 20 g (6 g saturated fat); Cholesterol: 30 mg; Carbohydrates: 42 g; Protein: 11 g; Fiber: 6 g; Sodium: 610 mg.

Recipe courtesy of Good Housekeeping