

Sausage & Kale Stuffed Squash

7 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Place the squash on the baking sheet and rub with the olive oil and salt and pepper. Bake for 30 minutes.
2. Meanwhile, place the sausage in a medium skillet over medium heat. Break the sausage up into small pieces as it cooks. Cook until browned and no longer pink, about eight to 10 minutes. Add the kale and cook until just wilted, around one to two minutes. Season with salt and pepper.
3. Remove the squash from the oven and spoon the sausage and kale mixture into the scooped-out portion of the squash. Top with Parmigiano Reggiano and walnuts. Bake for 10 minutes, until slightly browned on top. If you want it more browned, broil for about one minute at the end. Divide onto plates, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is half a medium-sized delicata squash.

Gluten-Free

Use a gluten-free sausage.

Dairy-Free

Omit the Parmigiano Reggiano or use nutritional yeast.

Nut-Free

Omit the walnuts.

More Flavor

Use a flavoured sausage such as Italian, or add chili flakes.

Additional Toppings

Top with chopped parsley.

Ingredients

- 1 Delicata Squash (cut lengthwise, seeds removed)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 ozs Pork Sausage (casing removed)
- 1 cup Kale Leaves (chopped finely)
- 2 tbsps Parmigiano Reggiano (finely grated)
- 1/4 cup Walnuts (roughly chopped, optional)

Nutrition

Amount per serving

Calories	417	Calcium	194mg
Fat	31g	Iron	3mg
Saturated	8g	Vitamin D	25IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	10g	Thiamine	0.5mg
Monounsaturated	10g	Riboflavin	0.1mg
Carbs	26g	Niacin	3mg
Fiber	5g	Vitamin B6	0.5mg
Sugar	0g	Folate	59µg
Protein	13g	Vitamin B12	0.3µg
Cholesterol	39mg	Phosphorous	204mg
Sodium	574mg	Magnesium	103mg
Potassium	952mg	Zinc	1mg

Make it Vegan

Use a vegan sausage and omit the Parmigiano Reggiano.

Vitamin A	1388IU	Selenium	2µg
Vitamin C	34mg		