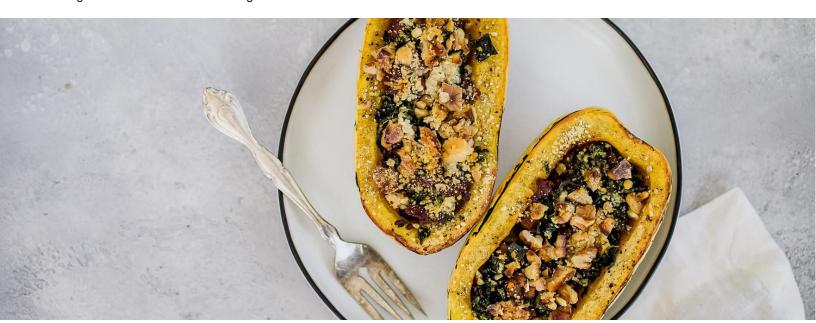
Sausage & Kale Stuffed Squash

7 ingredients · 45 minutes · 2 servings



Directions

- 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)

	Amount per serving	
417	Calcium	194mg
31g	Iron	3mg
8g	Vitamin D	25IU
0g	Vitamin E	1mg
10g	Thiamine	0.5mg
10g	Riboflavin	0.1mg
26g	Niacin	3mg
5g	Vitamin B6	0.5mg
0g	Folate	59µg
13g	Vitamin B12	0.3µg
39mg	Phosphorous	204mg
574mg	Magnesium	103mg
952mg	Zinc	1mg
	31g 8g 0g 10g 10g 26g 5g 0g 13g 39mg 574mg	417 Calcium 31g Iron 8g Vitamin D 0g Vitamin E 10g Thiamine 10g Riboflavin 26g Niacin 5g Vitamin B6 0g Folate 13g Vitamin B12 39mg Phosphorous 574mg Magnesium



Make it Vegan Vitamin A 1388IU Selenium 2μg

Use a vegan sausage and omit the Parmigiano Reggiano.

Vitamin C 34mg

