

Stuffed Acorn Squash

Makes about 6 servings

1 medium acorn squash
1/2 medium sweet potato
3 turkey breakfast sausage patties
1/2 cup steamed spinach
1 dried oregano
1 t onion powder
1 t garlic powder
1 T butter



Preheat oven to 400°F. Cut squash into six equal sections, scrape out the seeds, and bake for one hour until the flesh is soft. Meanwhile, peel the sweet potato and chop into uniform cubes for mashing. Boil 3 cups water and cook add the sweet potatoes, cooking for about 15 minutes. Place the turkey sausage patties on a pan and put the in the oven twenty minutes before the squash is to come out. When the squash comes out of the oven, remove the flesh with a spoon, reserving the shells. Mash the sweet potato and squash together. Add all other ingredients to this mash, mix, and spoon back into the squash shells. Bake an additional 15 minutes.

Nutrition information per serving (2/3 cup): 130 calories, 7 fat (2.5 g saturated fat), 5g protein, 320mg sodium, 4g dietary fiber. Excellent source of Vitamins A & C. Good source of iron.

