

Farm Market

Southwestern Stuffed Acorn Squash



Ingredients:

- 3 acorn squash, ($\frac{3}{4}$ -1 pound each)
- 5 ounces bulk turkey sausage
- 1 small onion, chopped
- $\frac{1}{2}$ medium red bell pepper, chopped
- 1 clove garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 cups chopped cherry tomatoes
- 1 (15 ounce) can black beans, rinsed (see Tip)
- $\frac{1}{2}$ teaspoon salt
- Several dashes hot red pepper sauce, to taste
- 1 cup shredded Swiss cheese

Directions:

1. Preheat oven to 375°F. Lightly coat a large baking sheet with cooking spray.
2. Cut squash in half horizontally. Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 45 minutes.
3. Meanwhile, lightly coat a large skillet with cooking spray; heat over medium heat. Add sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes.
4. When the squash are tender, reduce oven temperature to 325°F. Fill the squash halves with the turkey mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.

Tip: While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (Our recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch.

Nutrition Facts:

Serving Size: $\frac{1}{2}$ acorn squash
250.5 calories; protein 14.1g 28% DV;
carbohydrates 35.9g 12% DV; exchange
other carbs 2.5; dietary fiber 7.6g
30% DV; sugars 9g; fat 7.2g 11% DV;
saturated fat 3.9g 20% DV; cholesterol
29.5mg 10% DV; vitamin a iu 2083.6IU
42% DV; vitamin c 46.9mg 78% DV;
folate 81.1mcg 20% DV; calcium
244.1mg 24% DV; iron 2.9mg 16% DV;
magnesium 80.6mg 29% DV; potassium
1045.9mg 29% DV; sodium 478.4mg
19% DV; thiamin 0.4mg 39% DV.
Exchanges: 2 starch, 1 vegetable

Recipe from eatingwell.com