

Autumn Stuffed Acorn Squash (Whole30, Paleo)

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Stuffed Squash is one of my favorite meals because the options are literally endless! From dinners to desserts, Squash can be used in so many different ways and filled with either sweet or savory stuffings that can completely change the flavor of the dish itself. These Autumn Stuffed Acorn Squash truly are a Fall flavor festival in your mouth and a perfect match for anyone who enjoys a sweet & savory combination!

The Sweet Apple, Salty Caramelized Onions, Nutty Acorn Squash, & Fresh Thyme & Rosemary all pair PERFECTLY together! I also used Bilinski Sausage “Spinach & Spring Greens Organic Chicken Sausage” which really made this a hearty meal and also added a nice serving of greens in! It’s also fully cooked and casing free so you don’t have to worry about any additional work there! I promise this meal is much easier than it looks, and stores great in the fridge as Meal Preps for up to a week!

INGREDIENTS:

- 1 lb Bilinski’s Chicken Sausage, chopped
- 2 Medium Acorn Squash, halved and gutted
- 1 Large Apple, cored and diced
- 2 Small or 1 Large Yellow Onion, chopped
- 4 Cloves of Garlic, minced
- 2 Cups Spinach, chopped
- 1 Tbsp Thyme, chopped
- 1 Tbsp Rosemary, chopped
- 6 Tsp Coconut Oil (divided)
- Salt & Pepper to taste

INSTRUCTIONS:

1. Preheat your oven to 375F and line a baking sheet with parchment paper. Using a basting brush, brush each half of Acorn Squash with 1 tsp of Coconut Oil, then sprinkle with Salt & Pepper. Transfer to oven, cut side down, to bake for 45-55 minutes.
2. While Acorn Squash bake, heat 2 Tsp Coconut Oil in a large skillet over medium heat. Add your Onions, then cover for 8 minutes, stirring every 2-3 minutes. Remove cover and cook Onions for an additional 10 minutes (or until onions begin to caramelize), stirring frequently. Once you’re happy with the caramelization of the Onions, remove from heat and set aside. This process took me about 25 minutes.

3. While your Onions cook, heat a large Saucepan over medium heat and add 2 Tsp Coconut Oil. Add your Garlic, sauté for 30 seconds, then add all remaining ingredients except for Spinach. Cook everything together for 6-8 minutes, stirring often.
4. Once the Apples have softened, stir in Spinach and cook until wilted, about 1 minute. Add your Onions to your Chicken Sausage mixture and mix well to combine. Remove from heat.
5. When Acorn Squash have finished cooking, remove them from the oven and fill each Squash half with a 1/4 of your Chicken Sausage Mixture. Transfer back to the oven for an additional 5-7 minutes.
6. Remove Stuffed Squash from oven and transfer to a plate. Serve with Fresh Rosemary and Enjoy!

MAKES 4 SERVINGS!

