



# Roasted Acorn Squash Stuffed with Ground Turkey

Cook Time: 58 minutes

Servings: 2-4

## Ingredients for Acorn Squash

- 2 Acorn Squash
- 2 tbsp. Olive Oil
- Salt to Taste
- Pepper to Taste
- 1 tsp. Garlic Powder

## Ingredients for Ground Turkey

- 1 lb. 94% Lean Ground Turkey
- 8 oz. Mushrooms
- 1 Shallot
- 1 tbsp. Balsamic Vinegar
- Salt to Taste
- Pepper to Taste
- 1/8 tsp. Cayenne Pepper
- 1 tbsp. Parsley
- 1/4 tsp. Garlic Powder
- 2 tbsp. Parmesan Cheese

## Instructions

1. Preheat the oven to 400°F (204°C).
2. Spray a baking sheet.
3. Cut squash in half, and scoop out the seeds.
4. Put 1/2 tbsp. olive oil, 1/4 tsp. garlic powder, salt and pepper on each half of squash.
5. Put the squash face down on the baking sheet. Cook for 40 minutes or until tender.
6. While that's in the oven, put a skillet on medium heat, and add 2 tbsp. olive oil.
7. Dice a shallot, chop up 8 oz. mushrooms, and add to skillet.
8. Drizzle in 1 tbsp. balsamic vinegar.
9. Once the mushrooms start to sweat out moisture and the shallot is soft add 1 lb. ground turkey meat.
10. Sprinkle with salt, black pepper, 1/8 tsp. cayenne pepper, 1 tbsp. parsley, 1/4 tap. garlic powder and 2 tbsp. parmesan cheese. Cook until the meat's done, about 20 minutes.
11. When the acorn squash is done, take it out of oven. Put the oven on broil.
12. Fill the acorn squash with the meat and mushroom mixture. Sprinkle with parmesan cheese, and put in the oven for 3-5 minutes.