



Turkey and Apple Stuffed Acorn Squash



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

3 medium to large acorn squash
Salt and pepper to taste

NUTRITIONALS

Nutritional analysis per serving:
calories 250, calories from fat 70,
total fat 7g, saturated fat 1.5g, trans
fat 0g, cholesterol 45mg, sodium
270mg, total carbohydrate 33g,
dietary fiber 6g, sugars 10g, protein
18g, vitamin A 20%, vitamin C
50%, calcium 10%, iron 20%

1 Tbsp Food Club canola oil
1 lb 93% lean ground turkey
½ cup (3 oz) diced celery
1 cup (5 oz) onion, diced
1 large apple, peeled, cored, and diced
½ cup (3½ oz fresh or 2 oz dried) cranberries, chopped
2 cups (5 oz) chopped mushrooms
1 tsp dried thyme
1 tsp ground sage
2 tsp dried parsley
½ tsp salt
¼ tsp ground black pepper

DIRECTIONS:

1. Pop the stem off the top of each acorn squash with the heel of your knife.
2. Pierce the squash's skin in 3 to 4 places, and microwave on HIGH for 6 to 7 minutes. This will soften them, making cutting them easier and safer. Remove the squash from the microwave and cool to room temperature.
3. Cut them in half, top to bottom, and scoop out the seeds. Place the halves, cut-side up, in a large baking dish and sprinkle with salt and black pepper to taste.
4. Preheat the oven to 350°F. In a large skillet, heat the canola oil. Add turkey, celery, and onions. Cook until meat is brown and vegetables are soft. Add the apples, cranberries and mushrooms. Stir in the herbs, salt, and pepper.
5. Divide the mixture between the 6 squash halves; bake for 25 to 30 minutes, until a paring knife inserted into the side of the squash goes in easily.

Source: The Baking Sheet, King Arthur Flour, Autumn 2008

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Shopping List

PRODUCE:

- 3 medium to large acorn squash
- ½ cup (3 oz) celery
- 1 cup (5 oz) onion
- 1 large apple
- ½ cup (3½ oz fresh or 2 oz dried) cranberries
- 2 cups mushrooms

MEAT/POULTRY/SEAFOOD:

- 1 lb 93% lean ground turkey

SPICES/SEASONINGS:

- Salt
- Ground black pepper
- Thyme
- Ground sage
- Dried parsley

GROCERY/FROZEN/MISCELLANEOUS:

- Canola oil

FOLD