

Stuffed Acorn Squash

Recipe from Aggie's Kitchen

Makes 4 servings

2 acorn squash
1 lb ground turkey
2 tsp poultry seasoning
1 – 2 tsp garlic powder
salt and pepper, to taste
2 tsp whole fennel seed
1 container of whole mushrooms, chopped
1 medium onion, chopped
1 bunch of kale, chopped
1/2 cup beef broth
1/2 cup panko
Parmesan cheese, freshly grated

Take acorn squash and carefully cut into even halves. Sprinkle salt and pepper into each half and place in 400 degree oven. Cook for approximately 1 hour.

In a large non stick skillet, heat 1 tsp oil and add chopped onions and mushrooms. Cook until soften, then add ground turkey. Cook and crumble for about 10 minutes, add seasonings and stir. Cook ground turkey until browned, add chopped kale. Continue to cook for another 10 minutes or so, add beef broth and panko and bring down to a simmer. Cook slowly until all of broth is absorbed. Set aside.

Spoon turkey mixture into each acorn squash half. Top with freshly grated Parmesan cheese and place under broiler for about 5-8 minutes, until cheese is browned.