



Partnering for a healthy community



STUFFED ACORN SQUASH

Ingredients:

- ½ acorn squash (Calorie-56 Fat-0.1G Carbs-14 Protein-1.1G)
- ¼ tablespoon olive oil (Calories-50 Fat-3.5G Carbs-0G Protein-0G)
- 5 oz ground turkey (Calories-167 Fat-9G Carbs-0G Protein-22G)
- ¾ cup baby bella mushrooms chopped (Calories-12 Fat-0.1G Carbs-1.3G Protein-2G)
- ¼ honey crisp apples peeled + chopped in small pieces (Calories-14 Fat-0.05G Carbs-3.6G Protein-0.07G)
- 2 oz chicken stock (Calories-3.75 Fat-0.25G Carbs-0-0.5G Protein-0.25G)
- 1-2 fresh sage leaves chopped
- ¼ teaspoon pepper
- ¼ teaspoon salt
- ½ teaspoon fresh garlic minced
- ½ teaspoon fresh white onion minced
- ¼ cup shredded cheese (cheddar, gruyere or mozzarella all work great!) (Calories-112 Fat-8.7G Carbs-0.1G Protein-8.05G)

Recipe- Calories-414 Fat-22G Carbs-18.9 Protein-34.7G)

Equipment:

Parchment paper or tinfoil, cutting board, chopping knife, Sauté pan, rubber spatula, peeler, table spoon.

Instructions:

1. Preheat oven to 450 degrees
2. Line a baking sheet with foil or parchment + spray with olive oil to prevent squash from sticking
3. Slice acorn squash in half, scoop out seeds and place flat on sheet sprayed with olive oil.
4. Bake the squash for 20 minutes, until it is tender when pierced with a fork
5. While the squash cooks - heat ¼ tablespoon of olive oil in a pan. Add garlic and onion. Sauté with turkey in olive oil for 5-10 minutes until brown.
6. While the turkey is cooking, chop mushrooms, apples + herbs.
7. Add in chopped mushrooms, apples, chicken stock, and herbs to the pan with the cooked turkey. Sauté for an additional 5 minutes.
8. When the squash is done, remove from the oven + scoop out most of the cooked center, leaving a little bit of filling in the acorn squash.
9. Add the squash filling to the turkey/mushroom/apple mixture in the pan+ stir until completely mixed in.
10. Scoop the turkey/squash mixture back into the squash + top with cheese of choice
11. Bake them at 450 for 5-10 minutes until cheese melts. Optional: broil for 2-3 minutes so the cheesy gets crispy.

Bristol Health Equity Zone | A Bristol Parks and Recreation Initiative

Quinta-Gamelin Community Center

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