



## Turkey Stuffed Acorn Squash

### **Ingredients**

1 lb. ground Turkey;  
2 apples, cored and chopped;  
1 onion, finely chopped;  
1 celery stalk, finely chopped;  
4 oz. mushrooms, chopped;  
1 egg, beaten;  
2 acorn squash, halved and seeded;  
2 cloves garlic, minced;  
1/2 tsp. ground sage;  
1/2 tsp. ground cinnamon;  
2 tbsp. olive oil; or coconut oil  
Sea salt and freshly ground black pepper;  
2 cups chopped fresh spinach or other green (arugula, kale, etc.)

### **Instructions**

Preheat your oven to 400 F.

Brush the inside of the acorn squash with olive oil and season to taste with salt and pepper.

Place the squash on a baking sheet, cut side up, and roast for 30 minutes, until the flesh is fork-tender.

Melt some cooking oil in a skillet placed over a medium-high heat.

Cook the turkey until browned and set aside.

Add the onions, celery, garlic, and mushrooms to the skillet, and cook for 3 to 5 minutes.

Add the apples and greens of choice (I like it with spinach) and season with salt and pepper to taste.

Sprinkle the mixture with cinnamon and sage, and cook for another 2 minutes.

Combine the meat, the apple mixture, and the beaten egg, and mix well.

Divide the stuffing evenly among the squash halves.

Place the squash back in the oven for another 15 minutes.