

Stuffed Squash Recipe - with Chicken Sausage

Ingredients:

1 large or 2 small squash (My favorite is sweet dumpling, but butternut, acorn, or any other works great, too.)
1 lb chicken sausage, casing removed (I like the Italian blend)
1 medium onion - diced
1 clove of garlic - diced
2 stalks of celery - diced or shredded
2 medium carrots - diced or shredded
1 Tbsp fresh sage - finely chopped
Extra virgin olive oil
Salt and pepper

*I make a green juice every morning. (Celery, carrots, spinach, kale, apples, cucumber, and occasionally a pepper). I simply save back the pulp from my juice when I plan on making this, then use that pulp in place of the celery and carrot)

Preparation

1. Preheat oven to 375 degrees
2. Cut the squash in half. Scrape out all of the seeds. Spray or brush with olive oil. (Be sure to save the seeds to roast later)
3. Place the squash on a baking sheet (foil lined and sprayed with olive oil), cut side down, and roast for about 1 hour- until the squash is soft and can be pierced with a fork.

Once the squash is nearly finished:

1. Sauté the onions, garlic, carrots, and celery in olive oil until soft. Remove from pan.
2. Cook the chicken sausage.
3. Add the onions, garlic, carrots, celery (or pulp mix), sage, and salt and pepper to the chicken sausage. Cook on low for about 5 minutes to let the flavors merge.
4. Stuff the squash with your chicken/vegetable mixture and enjoy.