

## Stuffed Acorn Squash

### Ingredients:

- 2 large acorn squash
- Olive oil or canola oil
- Salt and pepper (*I used garlic salt*)
- 1 pound ground sausage (*any kind you like*)
- 1 small onion, diced
- 1 c. mushrooms, chopped
- ½ cup of shredded mozzarella

### Directions:

Preheat oven to 375. Grease a cookie sheet or use a silicon mat, set to the side.

Wash the outsides of the squash and remove stickers, if necessary.

Cut the squash in halves, *I usually microwave them about 4-5 minutes to soften them a little before trying to cut them.*

Scoop out the seeds and then coat the outsides with oil. Turn over and coat the insides with oil and sprinkle with salt and pepper.

Turn the squash so the cut sides are down and place on the prepared cookie sheet.

Bake for 30-45 minutes until tender.

While the squash is cooking you can brown the sausage. Add the mushrooms and onions to the sausage and cook until tender.

When the squash is finished, remove them from the oven and carefully flip them over.

Fill the halves with the sausage mixture and top with shredded cheese.

Place back in the oven for 5-10 minutes or until lightly browned.