



Citrus Spiced, Stuffed Acorn Squash



With Apple Chicken Sausage



2 servings



50 minutes

Nutrient Rich & Low In Calories

INGREDIENTS

Produce Items

- (1) Acorn Squash
- (1) Apple Chicken Sausage
- 1 Cup Spinach
- 1/2 Cup- Quinoa
- 1 Cup- Water/Chicken Stock
- (1/2) Sweet Potato
- 1 TBSP- Onion
- 1/2 Orange

Pantry Seasoning

- 1/2 tsp- Chipotle Chili Pepper
- Salt & Pepper
- Cinnamon & Nutmeg
- Thyme & *Sage (optional)*

NOTES

For a hint of sweetness, lightly drizzle with maple syrup and dash of brown sugar to round out the flavors.

DIRECTIONS

1. Preheat oven to 430 degrees Fahrenheit
2. Cut your acorn squash in rounds, and scoop out the seeds & filling. Lay your circular cut-sides up on a baking sheet. Season with Thyme, Chipotle Chili Pepper, S&P.
3. Finely dice up an onion, along with half a sweet potato and add it to your lined baking sheet.
4. Evenly coat all vegetables with olive oil. Save room for your sausage & bake for 30 minutes, until tender. Set aside.
5. Add one cup of water to a pot and allow it come to a rolling boil; quickly submerge your spinach in the water for 30 seconds (Blanch) until wilted, then set aside. Add your quinoa and cook as instructed.
6. Once everything is complete, remove the casing from your sausage to avoid the chew texture and mix all of your ingredients together to form a stuffing.
7. Add your filling to the inside of your squash. Garnish the dish with orange zest and squeeze citrus notes into your dish from the orange.

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