



STUFFED ACORN SQUASH

INGREDIENTS:

- 1 small acorn squash
- 1 cup shaved Brussels sprouts or broccoli slaw
- 2 garlic cloves
- 1/4 onion
- 4 oz cooked turkey or chicken (shredded or cubed small)
- 1 tbsp dried thyme
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tbsp dried cranberries
- 1 oz feta or goat cheese

DIRECTIONS:

1. Pre heat oven to 400 F
2. Cut acorn squash in half and spray with cooking oil
3. Bake cut side down for 30 minutes
4. While the acorn squash bakes cook stuffing
5. Cook onion and garlic until caramelized. Use water to de-glaze as needed
6. Add veggies, seasoning, and protein to a pan, cook until veggies are soft.
7. Once acorn squash is done baking, remove from oven, add a dash of salt and pepper, and add the veggie mixture.
8. Top with dried cranberries and cheese.
9. Bake for an additional 10 minutes

Enjoy!



Makes 2 Servings | Serving Size: 1 Half
Calories: 260 | Protein: 23 g | Carb: 32 g | Fat: 6 g | Fiber: 9 g