

# Sausage & Mushroom Stuffed Squash

11 ingredients · 1 hour · 4 servings



## Directions

1. Preheat the oven to 425°F (218°C). Drizzle the oil on the squash and place cut side down on a baking sheet lined with parchment paper. Bake for 20 to 30 minutes, or until tender when pierced with a fork.
2. While the squash bakes, add the rice to a medium pot with the water and cook according to the directions on the package.
3. In a pan, over medium heat, add the sausage and cook for 3 to 4 minutes, breaking it up as it cooks. Add the celery and cook for 2 to 3 minutes, then add the mushrooms and cook for 4 to 5 minutes. Add the spinach and stir until it has wilted and the sausage is completely cooked through.
4. Remove the pan from the heat and add the wild rice to the pan along with the lemon juice and sea salt. Mix well.
5. Spoon the rice/sausage mixture into the baked squash and garnish with parsley (optional). Enjoy!

## Notes

### No Pork Sausage

Use chicken sausage or beef sausage instead.

### Vegan and Vegetarian

Use cooked lentils instead of sausage.

### Meal Prep

Cook the squash and the rice ahead of time and warm through before serving.

### Leftovers

Keeps well in the fridge up to three days.

## Ingredients

- 1 tsp Avocado Oil
- 2 Acorn Squash (halved and seeds removed)
- 1/3 cup Wild Rice (dry, uncooked)
- 3/4 cup Water
- 12 ozs Pork Sausage (casings removed)
- 2 stalks Celery (chopped)
- 1 1/2 cups Shiitake Mushrooms (chopped)
- 3 cups Baby Spinach
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (optional, finely chopped)