

## Sausage Stuffed Squash



### Ingredients

1 butternuts squash, or 2 acorn squash or 1 golden nugget  
½ # Italian Sausage  
½ onion, diced  
2 tbsp. minced garlic  
½ cup parmesan cheese  
fresh herbs minced  
¼ to ½ cup of bread crumbs  
vegetable oil  
salt and ground pepper

### Procedure

1. Preheat oven to 350°F
2. Wash the squash(s) well and remove any stickers
3. Slice in half lengthwise and scoop out seed cavity.
4. Brush with a little vegetable oil, and season with salt and pepper.
5. Bake until squash is super tender about 30-40 minutes.
6. Remove squash from oven and let cool a few minutes.
7. Carefully scoop out the flesh from the squash, being careful not to break through the skin.
8. Cook the Italian Sausage in a large sauté pan until done, breaking up any large pieces.
9. Drain off all fat except 1 tbsp. Add onions, and garlic, and sauté until tender.
10. Roughly chop up the squash meat and add to pan. Add the cheese, fresh herbs, and salt and pepper to taste.
11. Fill the squash skins with the mixture and top with bread crumbs.
12. Return to oven and bake until hot and the bread crumbs are brown and bubbly
13. Let cool for a few minutes before cutting into large portions.

Serves 8-10, depending on the size and shape of your squash.

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