

Stuffed Acorn Squash



Ingredients

- 1 small acorn squash, seeded and halved
- *1/2 lb organic, free range ground turkey or turkey sausage, crumbled and browned (can eliminate to make vegan)
- 1 small onion, diced
- 1 large clove garlic
- 1/2 cup diced carrots
- 1/4 cup diced celery
- 1/4 cup frozen peas
- Leaves from several sprigs of fresh thyme (or 1/4 tspn dried)
- 1/4 tsp poultry seasoning
- Salt and pepper to taste
- 1/2 cup organic vegetable broth
- 1/2 tsp arrowroot starch
- 1-2 Tbsp avocado oil
- Optional: 1-2 Tbsp dried cranberries

Directions

Preheat oven to 375 degrees. Drizzle squash halves with oil and roast on a large baking sheet for 30 minutes or until soft and pierceable with a fork. At that time, remove from heat, cover with foil and allow to rest. While squash is cooking, add 1 Tbsp oil to a large pan



over medium heat. When hot, add onions and garlic. Stir until fragrant and lightly colored. Add carrots and celery and continue to cook until softened. Add in browned meat, if using, along with peas, herbs, and seasonings and cranberries. Mix broth with arrowroot starch until smooth and pour into meat and veggie mix. Allow to thicken as it comes up to temp. Fill squash cavities with filling. Serve garnished with chopped parsley. If you eat dairy, you can top these with parmesan or goat cheese and bake again until melty.