



Sausage Stuffed Butternut Squash

★★★★★

Sausage Stuffed Butternut Squash is a Fall comfort food that features Italian sausage, pecans, cranberries, and spinach. This flavorful family-friendly dinner is packed with veggies, fiber, and protein, and is gluten-free. It's simple enough to make on a weeknight and perfect to serve as a side dish or main course for the holidays!

Course	Main Course, Side Dish
Cuisine	American
Keyword	sausage stuffed butternut squash
Prep Time	20 minutes
Cook Time	40 minutes
Total Time	1 hour
Servings	4 people
Calories	762kcal
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Ingredients

Roasted Butternut Squash

- 2 butternut squash medium or large
- 2 tablespoons [olive oil](#)
- ¼ teaspoon [salt](#) or more
- [black pepper](#) freshly ground

Sausage filling

- 1 tablespoon [olive oil](#)
- 1 [onion](#) small, diced
- 14 oz [Italian sausage](#) spicy, crumbled
- 4 cloves [garlic](#) minced
- 1 tablespoon [Italian seasoning](#)
- 4 oz [spinach](#) fresh
- ½ cup [dried cranberries](#)
- ½ cup [pecans](#) chopped

Instructions

How to roast butternut squash

1. Preheat oven to 400 F.
2. Prepare the butternut squash. Slice each one in half lengthwise. Keep fingers away from the knife to avoid injury. Use a spoon to scoop out the seeds and fleshy strands tangled with the seeds.
3. Place butternut squash cut sides up on a baking sheet. Drizzle the cut sides of the butternut squash halves with olive oil and rub the oil into the squash. Season generously with salt and pepper.

4. Turn the squash halves over, and place it cut sides down on a baking sheet. **Tip:** you can line the baking sheet with parchment paper for easy clean-up.
5. Roast in the preheated oven at 400 F for 30 or 40 minutes.

Make sausage filling

1. Make the sausage filling while the squash is being roasted in the oven.
2. In a large skillet, heat olive oil, add diced onion, and cook it on medium-high heat for about 2 minutes until cooked and a bit charred.
3. Add crumbled sausage, minced garlic, and Italian seasoning and cook for about 5 minutes or more on medium heat until the sausage is completely cooked through.
4. Add fresh spinach and cook for another 5 minutes on medium heat until the spinach wilts.
5. Add dried cranberries and chopped pecans and mix everything.
6. Season with salt and pepper. Probably not necessary since the sausage is already usually salty (unless you use sweet sausage which I do not recommend).

Assembly

1. By this time, you have roasted the butternut squash for 30 or 40 minutes. Remove them from the oven and turn the cooked squash halves cut sides up.
2. Let it cool slightly. Using a spoon, scoop out the flesh leaving about a 1-inch border along the sides. (For reference, I provide the step-by-step photos for this step above the recipe card).
3. Reheat the sausage mixture in the same skillet in which you made it to warm it up.
4. Divide the sausage filling among the 4 halves and stuff the squash until the mixture is leveled or a little bit higher.
5. Top with freshly ground black pepper and fresh thyme.

Nutrition

Calories: 762kcal | Carbohydrates: 64g | Protein: 20g | Fat: 51g | Saturated Fat: 14g | Polyunsaturated Fat: 8g | Monounsaturated Fat: 27g | Cholesterol: 75mg | Sodium: 911mg | Potassium: 1855mg | Fiber: 11g | Sugar: 21g | Vitamin A: 42550IU | Vitamin C: 92mg | Calcium: 268mg | Iron: 6mg



BACON AND BRUSSELS

START TO FINISH 35 minutes

- 3 Tbsp. honey
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. reduced-sodium soy sauce
- 2 tsp. Dijon mustard
- ½ tsp. garlic powder
- ¼ tsp. black pepper
- ¼ tsp. crushed red pepper
- 2 slices bacon, coarsely chopped
- 1 lb. Brussels sprouts, trimmed and halved lengthwise
- 2 to 4 Tbsp. crumbled goat cheese (½ to 1 oz.)

1. In a small bowl whisk together first seven ingredients (through crushed red pepper)
2. In a 10-inch skillet cook bacon over medium, stirring occasionally, until crisp, 10 minutes. Drain bacon on paper towels; discard drippings. Add Brussels sprouts to skillet. Cook over medium, uncovered, stirring once, until browned, 5 minutes. Add ¼ cup water. Reduce heat to medium-low; cook, covered, until sprouts just become fork-tender, 8 minutes. Remove lid; add honey mixture. Cook and stir until sprouts are coated and liquid has reduced slightly, 3 minutes. Top with bacon, goat cheese, and additional black pepper. **Makes 4 servings** (¾ cup each).

PER SERVING 148 cal., 4 g fat (2 g sat. fat), 10 mg chol., 265 mg sodium, 25 g carb., 4 g fiber, 17 g sugars, 7 g pro.

Get to Know



Brussels Sprouts Named for the veggie's history of cultivation in Belgium, these "tiny cabbages" are this brassica plant's axillary buds, which grow progressively along a tall, vertical stem. Packed with antioxidants, fiber, and vitamin C, the anti-inflammatory properties of Brussels sprouts are tied to a potential reduced risk of chronic diseases, such as heart disease and cancer.

Flaky Pumpkin Biscuits

Makes 9-10 biscuits

2 ½ cups all-purpose flour

1 ½ Tbsp baking powder

8-10 large sage leaves, finely chopped

1 tsp kosher salt

½ tsp nutmeg

½ tsp cinnamon

2/3 cup canned pumpkin puree

1/3 cup buttermilk, plus extra for brushing

1 Tbsp maple syrup

½ cup cold butter

Add flour, baking powder, sage, salt, nutmeg and cinnamon to a large mixing bowl. Whisk to combine. Set aside.

Add pumpkin, buttermilk, and syrup to a small bowl. Whisk to combine. Set aside.

Working quickly, grate cold butter directly into the dry ingredients using the large holes on a box grater. Stir to combine, coating butter pieces with flour.

Add wet ingredients to the flour/butter mixture. Stir just until combined, taking care not to overmix the dough. The mixture will be very shaggy and crumbly.

Turn dough onto a lightly floured surface. Use your hands to press out to 10 x 4 inches. Fold the left third into the center and repeat with the right side. Rotate dough, press down layers into another 10 x 4 rectangle. Repeat 2-3 more times.

Cut out with a 2 ½ inch biscuit cutter. Transfer to a plate and chill in freezer for 10-15 minutes.

Place in greased 10 inch cast iron skillet and brush tops with buttermilk. Bake at 375 for 18-20 minutes, until the tops are golden brown and shiny.

Beef Ragù Over Spaghetti Squash with Garlic Bread

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MAKES: 4 servings

Here, spaghetti squash is used like pasta to delicious effect, and a quick garlic bread rounds out the meal.

INGREDIENTS

1 small spaghetti squash, halved lengthwise and seeded

Beef Ragù:

1 tbs extra-virgin olive oil

1 lb lean ground beef

3 cloves garlic

1 small yellow onion, finely chopped

1 28 oz. can crushed tomatoes

1/4 cup coarsely chopped fresh basil

1/4 cup freshly grated Parmigiano-Reggiano

Kosher salt and freshly ground black pepper

Garlic Bread:

1/4 baguette, halved lengthwise

1-1/2 tbs unsalted butter, melted

3 medium cloves garlic

DIRECTIONS

1. Heat the oven to 375°F. Arrange the bread cut side up on a foil-lined baking sheet. Brush it with the butter. Peel and chop the garlic. Divide the garlic in half and sprinkle one-half with a generous pinch of salt. Using the flat side of a chef's knife, mince and mash the garlic and salt together to form a smooth paste. Spread each piece of bread evenly with garlic paste and season with salt and pepper. Bake until light golden-brown and crisp, 12 to 14 minutes. Cut each piece in half to make 4 pieces total, and cover with foil to keep warm.

2. Meanwhile, arrange the spaghetti squash in a single layer in the bottom of a large, wide pot. (Don't worry if the squash halves don't lie completely flat in the pot.) Add 1/2 inch of water, cover the pot, and bring to a boil. Reduce to a simmer and cook until the squash is tender enough to shred when raked with a fork but still somewhat crisp, 15 to 20 minutes. Transfer the squash to a plate and set aside until cool enough to handle.

3. While the squash cooks, heat the oil in a 12-inch skillet over medium-high heat. Add the beef, the remaining chopped garlic, onion, 1/2 tsp. salt, and 1/4 tsp. pepper; cook, stirring to break up the meat, until just cooked through, 5 to

6 minutes. Drain and discard the fat if necessary. Add the tomatoes, basil, and 1/4 cup water; stir well and bring to a boil. Reduce the heat to medium low and simmer for 10 minutes. Season to taste with salt and pepper.

4. With a fork, rake the squash flesh into strands, transfer to plates, and season to taste with salt. Ladle the beef ragù over the squash and garnish with the Parmigiano. Serve with the garlic bread.