



Best-Ever Sausage-Stuffed Squash



1/4 of recipe (1 stuffed squash half): 245 calories, 6.5g total fat (3g sat. fat), 506mg sodium, 36.5g carbs, 5.5g fiber, 4.5g sugars, 12.5g protein

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Prep: 10 minutes **Cook:** 35 minutes

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Ingredients

2 acorn squash, halved, seeds removed
6 oz. (about 2 links) fully cooked chicken sausage, sliced into coins
2 cups spinach
1/4 cup shredded part-skim mozzarella cheese
3 tbsp. whipped cream cheese
1 1/2 tsp. garlic powder, divided
1/4 tsp. salt
1/8 tsp. black pepper
1/2 cup canned sliced water chestnuts, drained and chopped
1/3 cup sun-dried tomatoes (bagged or rinsed), chopped

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Place squash halves on the baking sheet, cut sides down. Bake until soft, 25–30 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add sausage coins. Cook and stir until browned, about 3 minutes. Add spinach. Cook and stir until wilted, about 1 minute.

Scoop out the insides of the squash, and place them in a large bowl. Add mozzarella, cream cheese, 1 tsp. garlic powder, salt, and pepper. Mash and mix until cheeses have melted and mixture is uniform. Add water chestnuts, sun-dried tomatoes, and sausage/spinach mixture. Mix well.

Season squash halves with remaining 1/2 tsp. garlic powder. Distribute filling among the squash halves.

Bake until hot, about 3 minutes.

MAKES 4 SERVINGS

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