

# SAUSAGE & APPLE-STUFFED SQUASH

Makes 4 servings

## GRAB YOUR INGREDIENTS

2 acorn or carnival squash, halved and seeds removed

¾ pound pork sausage

¾ cup chopped celery

3 Tablespoons chopped onion

1 medium cooking apple, peeled, cored, and chopped

1 egg, beaten

½ cup sour cream

¾ cup shredded Colby Jack cheese

## THEN . . .

1. Preheat oven to 350° F. Place squash halves, cut side down, in a shallow baking pan and bake, uncovered, for 45 minutes or until tender.
2. Remove from oven. Turn halves cut side up and sprinkle with salt. Set aside.
3. In a skillet, cook sausage, celery, and onion until meat is browned and onion tender.
4. Stir in the apple pieces and cook an additional 3 minutes. Drain off fat.
5. In a small bowl, combine egg and sour cream. Stir into sausage mixture.
6. Fill squash halves with sausage mixture and bake, uncovered, for 20 minutes.
7. Top with cheese and bake an additional 5 minutes—or until cheese is melted.