

Beef

Stuffed Acorn Squash

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Servings: 4

Preparation Time: 15 minutes

Bake Time: 1 hour

You can substitute turkey, chicken or meatloaf mixture for the ground beef in this recipe.

2 medium acorn squash, halved and seeds removed

4 slices bacon, diced

1 medium onion, trimmed and diced

1 Granny Smith apple, peeled, cored and diced

1 pound ground beef

1/4 cup packed dark-brown sugar

1 teaspoon pumpkin pie spice

1/2 teaspoon dried sage

1/4 teaspoon salt

1/4 teaspoon pepper

2 tablespoons dry bread crumbs

Preheat oven to 350 degrees.

Place the squash halves cut-side down on a rimmed dish. Add two cups of water to the dish and bake for 40 minutes.

Meanwhile, cook the bacon in a large nonstick skillet over medium heat for 4 minutes.

Add the onion and apple. Cook an additional 4 minutes, stirring occasionally.

Stir in the ground beef. Cook for 5 minutes, breaking the meat apart with a wooden spoon.

Add the brown sugar, pumpkin pie spice, sage, salt and pepper. Cook for 1 minute. Remove from the heat and stir in the bread crumbs.

Drain the water from the baking dish and flip over the squash. Spoon the meat mixture into the squash halves.

Return to the oven and bake for 20 minutes.

Serve warm.

Per Serving (excluding unknown items): 516 Calories; 34g Fat (58.0% calories from fat); 23g Protein; 32g Carbohydrate; 5g Dietary Fiber; 102mg Cholesterol; 349mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 5 Fat.