

Pork

Acorn Squash with Sausage and Cornbread Stuffing

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Servings: 8

Preparation Time: 50 minutes

Bake Time: 1 hour

1 package (8.5 oz) corn muffin mix

4 small (12 to 16 oz each) acorn squash, halved lengthwise and seeds removed

1/4 teaspoon salt

1/4 teaspoon ground black pepper

8 ounces bulk pork sausage

1 cup (1 large) onion, coarsely chopped

1 cup (2 stalks) celery, sliced

3 cloves garlic, minced

1 tablespoon snipped fresh sage or thyme

1/2 cup chicken broth

1 tablespoon butter, melted

Preheat oven to 400 degrees.

Prepare and bake the muffin mix according to package directions for an 8x8x2-inch baking pan. Cool corn bread in the pan. Cut into 3/4-inch cubes and set aside. Reduce the oven temperature to 350 degrees.

Lightly grease a 15x10x1-inch baking pan.

Sprinkle the cavities of the squash with salt and pepper. Arrange the squash halves, cut sides down, in the prepared pan.

Bake the squash halves, uncovered, for 30 to 40 minutes or until tender. Remove the pan from the oven. Using a wide metal spatula, carefully turn the squash halves over.

In an extra-large skillet, cook the sausage, onion, celery and garlic until the sausage is browned and the vegetables are tender. Drain off the fat.

Stir in the sage. Add cornbread cubes and toss gently to combine.

Drizzle with broth and melted butter. Toss gently to moisten.

Spoon the stuffing into the squash cavities, mounding the stuffing.

Bake, uncovered, about 30 minutes or until the top of the stuffing is golden brown and the mixture is heated through.

Per Serving (excluding unknown items): 168 Calories; 3g Fat (17.4% calories from fat); 3g Protein; 34g Carbohydrate; 5g Dietary Fiber; 4mg Cholesterol; 297mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.