

# Sausage Stuffed Acorn Squash

Yield: 2 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/acorn-squash-and-italian-sausage-recipe>

## Ingredients:

- 1 acorn squash halved
- 2 teaspoons olive oil divided
- salt
- pepper
- 1 cup sausage links cooked ground chicken sausage, chicken, will work too, just chop in bite size pieces
- 1/2 small onion finely chopped
- 1 garlic clove minced
- 1 cup fresh spinach
- 1/8 teaspoon ground thyme
- 1/2 cup panko bread crumbs
- 3/4 cup Parmesan cheese 1/2 for cup filling + 1/4 cup for topping

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 25 milligrams
4. Fat: 15 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 7 grams
8. Sodium: 1020 milligrams
9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Sausage Stuffed Acorn Squash above. You can see more 15 acorn squash and italian sausage recipe You must try them! to get more great cooking ideas.