

Stuffed Butternut Squash with Italian Sausage

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1 butternut squash
- 1 tablespoon extra-virgin olive oil
- salt
- pepper
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- 1/2 cup onion diced
- 1 tablespoon garlic minced
- 1 cup yellow bell pepper diced
- 1/2 pound Italian pork sausage – nitrate-free
- salt
- pepper
- 2 cups kale chopped
- 1 cup medium apple chopped
- 1 tablespoon fresh sage chopped
- 1/4 cup dried cranberry
- 2 tablespoons walnut chopped

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 45 milligrams
4. Fat: 27 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 7 grams
8. Sodium: 820 milligrams
9. Sugar: 8 grams

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