

Stuffed Acorn Squash

Yield: 6 min
Total Time: 60 min

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

Ingredients:

- 3 acorn squash
- 6 tablespoons olive oil
- 1 pound mild Italian sausage
- 1 small yellow onion diced, 1/2 cup
- 1 apple skin peeled, core removed, diced, 1 1/2 cup
- 4 cloves garlic minced
- 3 rib celery diced, 1 cup
- 1 tablespoon fresh sage chopped
- 2 teaspoons fresh thyme leaves
- 1/3 cup panko breadcrumbs Italian
- 1/3 cup freshly grated Parmesan cheese
- kosher salt
- freshly ground black pepper
- 1/4 teaspoon red pepper flakes

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 60 milligrams
4. Fat: 39 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 11 grams
8. Sodium: 790 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Stuffed Acorn Squash above. You can see more 16 acorn squash japanese recipe Delight in these amazing recipes! to get more great cooking ideas.