

Baked Stuffed Squash

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1 squash ambercup, halved and seeded
- 1 teaspoon olive oil
- 1/2 onion medium, chopped
- 1 stalk celery chopped
- 1/2 pound hot Italian sausage you can use sweet instead
- 1/4 cup fresh basil chopped/chiffonaded
- 1 egg beaten
- 1/4 cup panko you can use regular dry bread crumbs instead
- 1/3 cup crumbled goat cheese
- 1/4 cup pecans chopped
- 1 pinch nutmeg

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 115 milligrams
4. Fat: 34 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 12 grams
8. Sodium: 550 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Baked Stuffed Squash above. You can see more 19 squash and italian sausage recipe Cook up something special! to get more great cooking ideas.