

Stuffed Acorn Squash

A one-stop meal loaded with nutrients and flavor. Orzo filling can be used in bell peppers, too.

Ingredients

Two acorn squash
One pound ground pork or sausage
Orzo
Garlic
Green pepper
One can diced tomatoes
Sour cream
Shredded parmesan
Oregano, kosher salt, pepper

Preheat oven to 425°



Prep squash: Slice squash in half and scoop out seeds with a spoon. Prick with fork and sprinkle inside with salt. Pour a small amount of water in a large baking dish and place squash halves cut side down in the dish. Bake for 20 minutes.

Make filling: While squash is baking, prepare filling. Set 4-5 cups of water to boil in small saucepot. In a medium skillet, brown pork for about 8-9 minutes (add oil to skillet if necessary.) Mince 2 cloves of garlic and chop green pepper to yield about 1/3 of a cup. When pork is browned, add garlic and blend into meat. Add green peppers and tomatoes with juices. Sprinkle with salt and dried oregano. Simmer on low heat until peppers are softened.



When water is boiling, add one tablespoon kosher salt. Pour in one cup of dried orzo and cook until al dente, about 5 minutes. Use a slotted spoon to remove orzo from water and place into sausage mix. Stir together and cook for about 2-3 minutes.

Remove from heat and stir in 2 tablespoons of sour cream.



Fill and cook squash halves: Remove pan from oven and carefully turn squash to cut side up. Spoon filling into squash halves and sprinkle with shredded parmesan.

Bake for another 20 minutes until squash is fork tender.

Prepare dish for serving: Remove from oven and allow to cool slightly. Place on dinner plate and serve.