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Southwestern Stuffed Acorn Squash

Prep Time: 20 mins

Cook Time: 1 h 18 mins

Total Time: 1 h 38 mins

Ingredients

3 medium squash, acorn
5 ounce(s) sausage, bulk turkey
1 small onion(s)
1/2 medium pepper(s), red, bell
1 clove(s) garlic
1 tablespoon chili powder
1 teaspoon cumin, ground
2 cup(s) tomato(es), cherry
15 ounce(s) beans, black
1/2 teaspoon salt
5 dash(es) hot sauce
1 cup(s) cheese, Swiss, shredded

Preparation

1. Preheat oven to 375°F. Lightly coat a large baking sheet with cooking spray.
2. Cut squash in half horizontally. Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 45 minutes.
3. Meanwhile, lightly coat a large skillet with cooking spray; heat over medium heat. Add turkey sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes.



Quick Info:

6 Servings

Contains Dairy

Contains Red Meat

Heart-Healthy

Diabetes-Friendly

Nutritional Info (Per serving):

Calories: 259, Saturated Fat: 4g, Sodium: 482mg, Dietary Fiber: 7g, Total Fat: 7g, Carbs: 38g, Cholesterol: 29mg, Protein: 15g

Carb Choices: 2

Recipe Source:

EatingWell.com

4. When the squash are tender, reduce oven temperature to 325°. Fill the squash halves with the turkey mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.



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