




STUFFED DELICATA SQUASH

 10 minutes
 45 minutes
 4 portions

INGREDIENTS

- 1 squash [4 inch dia] of squash, winter, acorn, raw [431 g]
- 1 tbsp of oil, avocado [14 g]
- 16 oz crumbled of chicken, ground, raw [452 g]
- 1/2 cup, chopped of onions, raw [80 g]
- 2 cloves of garlic, raw [6 g]
- 1/4 cup of soup, chicken broth, low sodium, canned [60 g]
- 1 tbsp of spices, poultry seasoning [4 g]
- 1 dash of salt, table [0 g]
- 1/4 cup, chopped of nuts, pecans [27 g]
- 1/4 cup of cranberries, dried, sweetened [40 g]
- 3 tsbps of onions, young green, tops only [18 g]

COOKING METHOD

¹⁰ INSTRUCTIONS Begin by roasting the delicata squash. To do so, preheat the oven to 350 degrees F and trim the ends off each squash. Cut them in half length-wise, drizzle with avocado oil and sprinkle with sea salt. Place the squash on a baking sheet cut-side down, then bake for 30 to 40 minutes, until the squash is nice and tender. You want to be able to scoop the flesh easily. While the squash is roasting, prepare the ground chicken stuffing mixture. Heat the avocado oil in a large skillet over medium-high and add the chopped onion. Cook, stirring occasionally, until softened and fragrant, about 5 minutes. Place the ground chicken on the hot skillet. Allow it to brown for 3 to 4 minutes before flipping it to the other side and browning for another 3 to 4 minutes. Use a spatula to break up the meat into smaller pieces and mix it in with the onion. Add the garlic, sea salt and Italian seasoning and cook another 2 minutes. Add the broth [or water] and cook at a full boil until much of the liquid burns off but the meat is still moist. Stir in the pecans, dried cranberries and green onion. Stuff the delicata squash with desired amount of ground chicken mixture and serve!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [283 g]	% DRI
ENERGY	117 kcal	331 kcal	17 %
FAT	6 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	34 mg	97 mg	32 %
SODIUM	41 mg	117 mg	5 %
CARBOHYDRATE	8 g	24 g	8 %
SUGARS	3 g	9 g	—
FIBER	1 g	3 g	14 %
PROTEIN	8 g	22 g	—