



Stuffed Acorn Squash

Preparation: 8 min, Cook Time: 1 hour Yield: 4

Fox 5 November

Variations: vegetarian, bbq, low-cal, you decide and Chef on!

4 acorn squash

12 ounces smoked beef kielbasa

1/4 cup chopped onion

2 tablespoons unsalted butter

1 tablespoon olive oil

1 box Zatarain's red beans and rice

1/4 cup chopped carrot

10 ounces frozen, chopped spinach drained and rinsed

1 1/2 teaspoons dried oregano

1/2 cup toasted pine nuts

Salt and pepper to taste



Preheat oven to 400f. Take the squash and cut the tops off, about 1 inch, and scrape the seeds out. Trim the bottom if the squash will not stand on its own.

Place a piece of butter into each squash and place them on a wax paper lined sheet pan.

Prepare the Zatarain's as box specifies. Set aside.

In a saute pan add oil to hot pan and sweat the onions, celery and carrots. Add the sausage and saute for 2 minutes. Add the spinach, pine nuts, and rice mixture. Saute for 2-3 minutes until hot.

Stuff the squash with equal parts of mixture and place the tops back onto squash.

Place in oven and cook for one hour. The stuffing can be made a day ahead.