



*cara price*

## STUFFED ACORN SQUASH

### DIRECTIONS

preheat the oven to 375.

cut the acorn squash in half with a sharp knife & then scoop out seeds. spray a lined baking sheet with spray oil. place the cut sides of the squash down on the baking sheet & roast for 35 minutes.

while the squash is cooking, make the filling: heat the olive oil in a large skillet over medium heat. sauté the shallots, stirring frequently until golden. add in the minced garlic & cook 1 more minute. add in the ground sausage and continue cooking until browned, making sure to break it up into small pieces.

while the sausage is browning, whisk together the coconut aminos, coconut milk, fresh herbs, cumin, smoked paprika, curry powder and 1/2 teaspoon of salt together in a small measuring cup.

add the chopped tomatoes and capers to the skillet with the meat & give it a quick stir.

sprinkle the coconut flour over the meat mixture and stir well, then immediately pour the liquid & seasoning mixture over the meat, give it a quick stir & turn off the heat.

when the squash is done in the oven, take it out & carefully flip it over with tongs & sprinkle with freshly ground salt & pepper. evenly divide the meat mixture in the wells of the baked squash.

return the squash to the oven for 3 more minutes, then serve immediately.

### INGREDIENTS

- 2 whole acorn squash
- 1 pound ground sausage
- 2 large shallots, sliced thin
- 1 cup tomatoes, chopped
- 1/4 cup capers, drained
- 1/4 cup coconut aminos
- 2 cloves garlic, minced
- 3 tablespoons olive oil
- 2 tablespoons chopped rosemary
- 2 tablespoons thyme leaves
- 2 tablespoons light coconut milk
- 1 tablespoon coconut flour
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon curry powder
- 1/2 teaspoon salt
- quality spray oil
- freshly ground salt & pepper