

## Stuffed Acorn Squash

### Ingredients:

2 acorn squash, halved and seeded  
3 tablespoons extra-virgin olive oil, divided  
½ pound pork or turkey sausage (I like using the hot sausage)  
½ cup onion, diced  
1 clove garlic, minced  
¼ teaspoon red pepper flakes  
1 cup chopped kale  
¼ cup dried cranberries  
2 cups cooked quinoa  
1/2 cup Gorgonzola  
salt and pepper

### Instructions:

Preheat oven to 400°F. Drizzle acorn squash halves with ½ tablespoon olive oil per squash half. Sprinkle with a generous pinch of salt and pepper. Roast for 45 minutes, or until the squash is fork tender.

While the squash is cooking, heat a large sauté pan with 1 tablespoon of olive oil. Add the sausage and brown. Add the onion, garlic, red pepper flakes, and a pinch of salt and pepper. Cook for 3-4 minutes, or until the onion is tender and translucent. Add kale and cook until leaves are soft. Turn off heat and stir in the quinoa, and dried cranberries. Season with salt and pepper to taste. Stir in Gorgonzola.

Scoop the mixture into the roasted acorn squash halves. Bake for 10 minutes. Serve hot.

(Follows the Whole Life Challenge guidelines if you remove the cheese.)

*Anh Murphy*