

Food Babe's Stuffed Delicata Squash



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	45 mins	50 mins	4

<https://foodbabe.com/oh-good-stuffed-squash>

Ingredients:

- 2 small delicata squash
- 4 tablespoons extra virgin olive oil
- 1 cup yellow onion, diced
- 1 ⅓ tablespoons garlic cloves, minced
- 1 pound ground turkey
- 1 medium apple, diced
- 1 teaspoon fennel seeds
- 2 teaspoons dried sage
- 2 large eggs, beaten
- 1 pinch fresh ground pepper, to taste
- 1 pinch sea salt, to taste

Instructions:

1. Heat the oven to 400° F. Place the squash on a cutting board and slice in half. Scoop out the seeds. Place on a baking sheet and set aside.
2. Heat 2 tablespoons of oil in a sauté pan over medium heat. Add the onion, garlic and turkey and cook until no longer pink, 5-7 minutes. Add the diced apple, fennel and sage and cook 4-5 minutes. Season with salt and pepper.
3. Take off the heat and stir in the eggs. Place the mixture in each of the squash halves and brush the top with the remaining oil. Cook for 30-35 minutes or until the squash is fork tender.
4. To serve, place one of the stuffed squash halves on your plate and enjoy!

Notes:

- Please choose all organic ingredients if possible.