

# Bison and Apple Stuffed Acorn Squash

Prep: 10 minutes

Cook Time: 1 hour

Adapted by: Jennifer

## INGREDIENTS

- 1 Acorn Squash, halved
- Olive Oil
- Salt & Pepper
- 1 lb Ground Bison
- 2 Tbsp minced Garlic
- 2-3 Tbsp minced Onion
- 1 Apple, diced
- 1/2 cup Italian Bread Crumbs
- 1/2 cup grated Aged White Cheddar Cheese, divided



## INSTRUCTIONS

1. Preheat your oven to 400 degrees.
2. Using a sharp knife cut off each end of the acorn squash removing as little as possible, then cut in half and spoon out seeds.
3. Brush olive oil inside and on top of Acorn Squash, sprinkle with salt and pepper.
4. Bake squash on cookie sheet cut side down for about 40 minutes to an hour depending on the size. Squash should be tender enough to pierce with a fork, but still hold it's shape.
5. While the squash is baking begin sautéing the bison for about 5 minutes, drain and pat dry with a paper towel to remove as much grease as possible.
6. Using the grease from the sausage add garlic and onions to the pan and sauté for another 2-3 minutes until it starts to brown. (add olive oil if necessary)
7. Add apples and sauté for another 2 minutes or until they're softened.
8. Stir in bread crumbs.
9. Add 1/4 cup parmesan cheese and stir until cheese begins to melt. Set aside.
10. Once squash has finished baking , spoon in meat mixture until the squash is filled.
11. Return to the oven and bake an additional 15 minutes.
12. Remove from oven and top with remaining cheese.