

Stuffed Acorn Squash



PREP TIME:
15 MINUTES

BAKE TIME:
40 MINUTES

TOTAL TIME:
55 MINUTES

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Recipe type: Gluten Free / Dairy Free

Servings: 4

Ingredients:

- 3 Small Acorn Squash – Cut in Half, Seeds Removed
- 2 TBSP Coconut Oil - Separated
- 1 Large Red Onion – Diced
- 1 Honeycrisp Apple – Cored & Diced
- 6 Garlic Cloves - Minced
- 1 Lb. Grass Fed Ground Beef
- 2 Cups Kale – Chopped
- 2 Cups Baby Spinach – Chopped
- 2 TBSP Nutritional Yeast
- 1 TBSP Herbes De Provence
- 1 Teaspoon Pink Salt
- Black Pepper to Taste

Instructions:

1. Preheat oven to 450 degrees.
2. On a parchment paper lined baking sheet, lay out the squash halves. May need to trim tops/bottoms so lay flat.
3. Rub 1 TBSP coconut oil on the cut sides until lightly coated. Place cut side down on the sheet pan.
4. Roast in oven for 25 minutes.
5. While the squash roasts, in a large sauté pan, add the remaining 1 TBSP coconut oil. Warm to medium heat. Add onions and allow to cook for 5 minutes.
6. Add apple and cook another 3 minutes. Next add minced garlic. Allow to cook another 30 seconds.
7. Next add the ground beef and allow to cook for 8 minutes until no longer pink.
8. Toss in both kale and spinach. Stir and then add nutritional yeast, Herbes de Provence, salt, & pepper.
9. Once greens are wilted and combined, remove from heat.
10. Flip over each squash. Fill the squash with the meat filling, evenly distributed.
11. Roast another 12 minutes in the oven.
12. Serve & Enjoy!

***Try and use all organic ingredients if possible.**

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