

# baked squash & sausage

2 acorn squash  
1 tablespoon  
vegetable oil  
½ pound turkey  
sausage  
1 apple, chopped

1. Preheat oven to 375° F. Cut squash in half, remove seeds and fiber.
2. Rub squash with oil, and place cut side down on a baking sheet. Bake for 30 to 45 minutes or until squash is tender.
3. Cook sausage in a skillet until meat is browned. Drain off any excess fat.
4. Add chopped apple to sausage and cook for 3 to 4 minutes. Fill squash with sausage and apple mixture.

*Makes 4 servings.*



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