

STUFFED ACORN SQUASH

ingredients:

- 2 acorn squashes
- 2 Tbsp olive oil
- salt and pepper, to taste

For the Stuffing:

- ½ onion, diced
- 3 garlic cloves, minced
- 1 lb. ground chuck
- 2 bosc pears, diced
- 1 Tbsp fresh sage, chopped
- 2 Tbsp fresh thyme
- salt and pepper, to taste
- 1 cup grated parmesan cheese

directions:

1. Preheat the oven to 400 degrees. Line a baking sheet with parchment paper. Using a sharp knife, slice each acorn squash in half. Use a metal spoon to scrape down the sides. Scoop out the stringy bits and seeds. Brush the flesh with cooking olive oil and season with salt and pepper.
2. Place the squash face down on the baking sheet lined with parchment paper. Use a fork to poke the skin a few times. This will help to release the steam while roasting. Bake for 30 minutes.
3. In a frying pan over medium-high heat, add a drizzle of cooking oil or butter, and sauté the diced onion until it turns translucent. Then add the garlic and cook an additional 1-2 minutes.
4. Add the ground beef and break up into small pieces with a wooden spoon. Cook until the ground beef is no longer pink. Drain any excess grease.
5. Add the diced pear, sage, and thyme to the beef and season with salt and pepper. Cook another 2-5 minutes then remove from heat.
6. Once squash is cooked, remove from oven, and let cool 10 minutes, then flip over so that flesh is facing up. Scoop the ground beef mixture into each acorn squash. Sprinkle grated parmesan on top of each one. Return to squash to the oven and bake an additional 10 minutes. Remove squash and serve while still warm.

Enjoy!

