

# Turkey Stuffed Acorn Squash

[eatrealfoodacademy.com](http://eatrealfoodacademy.com)



## Ingredients:

- 1 acorn squash
- 1 pound lean ground turkey
- 2 tbsp extra virgin olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 green pepper, chopped
- 2 tomatoes, chopped (or canned tomatoes, drained)
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp chili powder

## Preparation:

1. Cut the acorn squash in half. Scoop out soft pulp. Place face down in a baking dish or microwave safe bowl. Add enough water to cover ~1cm of the squash. Bake or microwave until squash is soft all the way through (about 30 minutes in the oven or 5-7 minutes in the microwave).
2. Put the extra virgin olive oil in a skillet and warm on medium heat. Saute the onions and garlic for 1-2 minutes.
3. Add in the ground turkey, cumin, paprika and chili powder. Continue sauteing until meat is browned, about 5 minutes.
4. Add in green pepper, tomato, cumin, paprika and chili powder. Continue mixing over medium heat.
5. Spoon the turkey mix into the hollowed out section of the acorn squash. Season with additional herbs & spices to suit your tastes.

Tip: Make a big batch of the turkey filling and freeze some for later. It cuts down the preparation time to under 10 minutes when all you have to do is heat the squash and defrost the filling.