

# Turkey Stuffed Acorn Squash

\*\*Serves 4

\*\*Time consuming, but easy to make

## INGREDIENTS:

2 medium Acorn Squash , sliced longways with seeds scooped out  
1 pound ground turkey  
6 slices no-nitrate added bacon  
1 large sweet onion, thinly sliced  
1 whole granny smith apple, diced  
1/2 cup fresh cranberries  
4 Tablespoons olive oil  
2 cloves garlic, minced  
fresh rosemary  
sea salt & black pepper to season

## ASSEMBLING THE DISH:

1. Preheat your oven to 400 degrees and line a baking pan with parchment paper. Place the Acorn squash (that you've halved and removed the seeds from) open side down and roast for 20-25 minutes until tender when you gently mash the peeling. They can roast longer if not tender at this stage. Just don't forget them and leave in the oven while you are multi-tasking!!!
2. While the squash is roasting, heat 3 Tablespoons of olive oil in a skillet. Add the sliced onion and caramelize it. This takes about 20 minutes so be patient. Add a little sea salt to the onion and make sure they are coated well in the olive oil. Cover and stir occasionally (every 4-5 minutes) to prevent scorching and let cook until they are a rich golden brown.
3. In another skillet, cook your 6 strips of bacon in a pan until crispy. Set aside and drain off all but 2 tablespoons of the grease. Sauté your garlic until fragrant in the bacon grease, then add your ground turkey with a little sea salt and pepper to taste to the pan; cook it until it is done. Make sure you are breaking up the meat well. You don't want large chunks! Crumble the bacon strips into your turkey.
4. Add the onions to the turkey mixture, as well as the cranberries, diced apple and 2 Tablespoons fresh rosemary. Stir together for just a couple of minutes on medium heat to allow the fruit to soften.... DO NOT let it become mushy.
5. Equally divide the turkey mixture into the open sides of the acorn squash and return to the oven to broil on LOW for about five minutes to allow the tops to become browned.