

Turkey Sausage and Vegetable Stuffed Squash

Ingredients:

3/4 pound turkey Breakfast sausage
1/4 cup finely chopped celery
1/4 cup chopped onion
2 eggs
2 cups coarsely chopped cauliflower. (Can be grated with large cheese crater as well)
4 medium-sized zucchini or yellow squash
1/2 cup grated Parmesan cheese
1 tablespoon chopped parsley leaves
3 tablespoons chopped fresh sage leaves
3 tablespoons chopped fresh thyme leaves
1 tablespoon minced garlic
1/8 teaspoon salt
1/8 teaspoon fresh ground black pepper

Instructions:

Preheat oven to 375°F.

Remove sausage from casing and crumble it into a pan over medium heat. Add the celery and onion and cook, stirring, until browned. Drain fat if necessary.

Take a medium sized zucchini or yellow squash and cut in half lengthwise. Scoop out the inside flesh to form a “boat,” that will be filled with the stuffing.

With the scooped out filling, chop it coarsely and add to the stuffing.

Beat the eggs in a bowl. Use a spoon to mix in the sausage mixture and all the remaining ingredients.

Scoop the stuffing into the zucchini boats and bake until hot and browned, about 20 minutes.

Makes 8 servings

Nutrition:

Calories:	119
Total Fat:	6.0 g
Saturated	2.3 g
Cholesterol	76 g
Sodium	361 mg
Potassium	134 mg
Total Carbs	4.1 g
Dietary Fiber	1.2 g
Sugars	1.3 g
Protein	12 g