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Southwest Stuffed Squash

Adapted from Eating Well Magazine Sep/Oct issue 2007

Ingredients:

3 each Acorn squash (~ ¾ -1 lb each)
5 oz Chicken or turkey sausage
1 small Yellow onion, diced
½ medium Red bell pepper, diced
1 clove Garlic, minced
1 tbsp Chili powder
1 tsp Cumin, ground
2 cups Cherry Tomatoes, chopped (~ 1 pint)
1- 15 oz can Black beans, rinsed
To taste Black pepper, hot sauce
1 cup Low fat shredded Mexican blend cheese

Instructions:

1. Preheat oven to 375 degrees.
2. Cut acorn squash in half horizontally and place cut side down on a lightly sprayed cookie sheet. Bake until tender for about 30-45 minutes. Set aside, keep on cookie sheet.
3. Meanwhile, in a large sauté pan, cook sausage over medium heat for about 3-5 minutes until golden brown. Add onion and peppers and cook until soften ~ 2-3 minutes, then add garlic, chili powder and cumin. Cook for about 1 minute and then add cherry tomatoes, black bean and seasonings. Cover, reduce heat and cook until tomatoes are broken down, about 10-15 minutes.
4. Reduce oven to 350
5. Fill the halves of squash with sausage mixture and top with cheese. Bake for an additional 5 minutes or until cheese is melted.

Nutritional Facts: Per serving, recipe serves six

Calories: 240 **Fat:** 6g **Carbohydrate:** 39 g **Protein:** 15 g **Fiber:** 8 g
Vit A: 35% **Vit C:** 80% **Calcium:** 25% **Iron:** 15%