

## INGREDIENTS

- 3 small Delicata Squash, halved and seeded
- 3 tsp Olive Oil
- 5 oz Ground Turkey
- 1 Small Onion, chopped
- ½ Medium Bell Pepper, chopped
- 1 clove Garlic, minced
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 2 cups Cherry Tomatoes, chopped
- 1, 15 oz can Black Beans, rinsed
- ½ tsp Salt
- 1 cup Shredded Cheese of Choice

## DIRECTIONS

1. Preheat oven to 425 F.
2. Brush cut sides of squash with olive oil and sprinkle with salt. Place face down on a large baking sheet and bake until tender and browned on the edges, about 25-30 minutes.
3. Lightly coat a large skillet with olive oil and heat over medium heat. Add ground turkey and cook, stirring to break up with a wooden spoon until lightly browned, about 3-5 minutes.
4. Add onion and bell pepper, stirring often until soft, about 3-5 minutes.
5. Stir in garlic and spices and cook for 30 seconds.
6. Stir in tomatoes, beans and salt scraping up any brown bits.
7. Cover, reduce heat and simmer until tomatoes are broken down, about 10-12 minutes.
8. When squash are tender, reduce oven heat to 325 F. Fill squash halves with turkey mixture and top with cheese. Place on baking sheet and bake until filling is heated and cheese is melted, about 8-10 minutes.

Adapted from: <http://www.eatingwell.com/recipe/249499/southwestern-stuffed-acorn-squash/>



## Southwest Stuffed Winter Squash

*Gluten Free | High Protein*

Yield:  
6 Servings

Prep Time:  
20 Min

Cook Time:  
45 Min