

# Baked Stuffed Squash- Breakfast Style

1. Preheat oven to 375 degrees. Place squash face down on a baking sheet and bake for about 30 min (until tender).
2. In a medium fry pan, heat olive oil and then sauté onions and garlic until soft and translucent. Add crumbled breakfast sausage and cook through.
3. Remove squash from oven. Allow it to cool. Scrape squash out of the skin using a spoon, being careful not to rip the skin.
4. Toss the squash and sausage mixture in the pan until well combined. Salt and pepper to taste. Spoon the mixture evenly back into the squash skins. Break one egg over the top of each and return to the oven for about 15 min (or until egg is cooked to preference).

Enjoy!!!

Here's a fantastic Whole30 inspired recipe passed on to me by our very own coach, Niki! Her friends do a weekly healthy meal swap. Each woman picks a different "cooking day", prepares a nourishing dish, and portions it out for the group to enjoy. This means only one day of food prep for every 4 days of awesome home cooked meals. What a deal!

These can be made ahead of time and reheated for a hearty and delicious breakfast!