

Stuffed Squash

Leftovers, leftovers, leftovers. Almost as important as the actual Thanksgiving meal. I'm sure you have leftover veggies which will get used up in this recipe! You can skip the ground chicken part and use leftover turkey. You can then sauté all the veggies and mix it together with leftover turkey. If you don't want to use squash, use bell peppers instead and reduce the cooking time by half. Another option is to leave out the rice and use cauliflower crumbles if you want to stay starch free. Just sauté the crumbles with the rest of the veggies before adding the wine. Get those leftovers used up and enjoy and non-traditional post-Thanksgiving meal. Enjoy!

xoxo,
Kristin

- 1) Preheat the oven to 400 degrees F.
- 2) Cut 1-inch off the top of each acorn squash and scoop out the seeds. If necessary in order for the squash to sit upright, cut off a small portion of the bottom. Set squash on a sheet pan lined with parchment paper. Set aside.
- 3) In a large saute pan over medium heat, brown the ground chicken/turkey until no longer pink. Remove the meat from the pan, add the ghee/coconut oil and saute the onion, celery, and carrot until they begin to soften, approximately 7 to 10 minutes. Deglaze the pan with the white wine.
- 4) Return the chicken to the pan along with the cooked rice, spinach, pine nuts, oregano and salt and pepper, to taste. Stirring constantly, heat mixture thoroughly, approximately 2 to 3 minutes. Remove from the heat. Divide the mixture evenly

among the squash, top each squash with its lid and bake for 1 hour or until the squash is tender. Serve immediately.

Recipe from Food Network, Alton Brown. Serves 4