

Providing compassionate care and hope to people facing cancer

## ***Roasted Stuffed Delicata Squash: Fall 2025 BW 2***

### ***Ingredients***

#### For the Squash:

2 delicata squash, medium to large (or spaghetti squash)  
½ lb turkey sausage, remove casings  
1 small onion, chopped  
2-3 cloves of garlic, chopped  
1 red pepper, chopped  
2 cups baby spinach  
1 cup farro, cooked  
1 can fire roasted diced tomatoes  
1 tsp Herbs de Provence  
½ teaspoon Pepper to taste  
8 oz shredded mozzarella cheese

### ***Instructions***

For squash:

1. Preheat oven to 400°F
2. Cut squash in half and remove seeds.
3. Place on baking sheet and sprinkle with pepper and drizzle with olive oil.
4. Bake for 40 min or until fork tender.

For filling:

1. Chop the onion and pepper and mince the garlic.
2. In a large frying pan, heat oil and add the onion and red pepper and saute for 5 min then add the minced garlic. Once the onion and pepper are fork- tender remove them to a bowl and set aside.
3. Saute' the turkey sausage until no longer pink and drain any fat.
4. Add farro and cooked onions, red pepper, and garlic, and stir.
5. Add the diced tomatoes and Herb de Provence seasoning and stir. If it seems dry add a bit of water. Add spinach and simmer the mixture for about 5 min until the spinach has wilted down. Add black pepper to taste.
6. Fill the squash with the meat mixture. Add mozzarella on top and cover with aluminum foil. Return the squash to oven for about 5-10 min to melt the cheese.

Serving Size: 1 cup, 4 servings

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*Nutrition Tip*

*Delicata squash is known for its naturally sweet, honey-like flavor and thin, edible skin (no peeling required)! This squash is rich in vitamin C, and its shape makes it perfect for stuffing. The farro filling adds a hearty, nutty flavor and brings extra fiber and plant-based protein to the dish. Together, this recipe blends comforting flavors with nourishing ingredients that support energy and overall wellness.*