

Living Well Cancer Resources

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)

1/2 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.

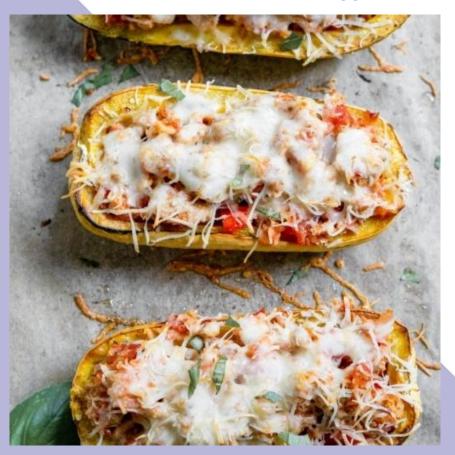
For filling:

- 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.



<u>Living Well Cancer Resources</u>

Providing compassionate care and hope to people facing cancer Roasted Stuffed Delicata Squash: Fall 2025 BW 2



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.