



**Many Hands Organic Farm and
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Stuffed Carnival Squash with Sausage and Apples

Ingredients:

- 3 medium sized carnival squash (or other winter squash)
- 1 large onion
- 3 cloves garlic
- 2 lbs ground pork sausage
- 2 small apples, peeled and diced
- 2 cups kale, rinsed and chopped
- 2 Tbs fresh (or 2 tsp dried) sage, chopped
- Salt (optional)

Directions:

1. Preheat oven to 400 degrees F.
2. Cut squash in half vertically with a serrated knife and remove the stem area. Scoop seeds and pulp from each half with a spoon. Reserve seeds for another use.
3. Place squash halved open side up on a baking sheet. Bake for 40 minutes or until the flesh is tender. Remove from oven and allow to cool while you work on the next step.
4. Cook sausage in a large skillet over medium heat for 2-3 minutes, or until about halfway cooked. Add onions and garlic. Continue to cook until fully browned. Add apples, kale and herbs. Continue to cook until apples soften and kale is wilted, about 2 more minutes. Taste and add salt if desired.
5. Add cooked sausage mixture to cooked squash halves, heaping the mixture a bit but not overflowing the cavities. Bake for 10 minutes, or until top is slightly browned. (You could also broil them at this stage if you like an extra crispy layer.)
6. Remove from oven and allow to cool before serving. The skin of the carnival squash is tougher than many other winter squashes, so it can be composted after the inside of the meal has been devoured.