TEXAS 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Jackson Patrick					
CATEGORY *Please check one*	☐ Appetizer	X Main Dish	☐ Side Dishes	☐ Healthy Desserts	
COUNTY	UPSHUR				
DISTRICT	5				

Name of Recipe: Stuffed Acorn Squash		
Prep Time: 20 mins	**Cook Time:** 35 mins	Cost: $8.15

Type Recipe Here:

Stuffed Acorn Squash

2 acorn squash
2 teaspoons olive oil
1/2 teaspoon salt
1/2 teaspoon black pepper
1 cup quinoa, prepared as directed
1 bunch kale, chopped
1 teaspoon garlic powder
1 teaspoon oregano
8 ounces cooked and crumbled turkey sausage
1/4 cup toasted pecans
1/2 cup shredded cheese

Preheat oven to 425 degrees. Halve squash and scoop out the seeds. Drizzle 1 teaspoon of olive oil over squash. Season with salt and pepper. Place cut side down on a baking sheet. Bake for 25 minutes.
In a skillet, cook sausage, drain and set aside. Prepare quinoa according to package directions.
Heat 1 teaspoon oil in skillet and add kale. Wilt kale in skillet for about 4 minutes. Add spices and stir to combine. Remove from heat and stir in sausage and quinoa.
Fill cooled squash halves with mixture and return to oven. Bake at 375 degrees for 10 minutes. Sprinkle toasted pecans and shredded cheese over each squash half before serving.

4 servings

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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