

UNIVERSITY OF  
**MARYLAND**  
 EXTENSION < <https://extension.umd.edu/> >

## Turkey Stuffed Acorn Squash

**Servings: 4**

### Ingredients:

2 medium acorn squash (about 1 1/2 pounds each), washed  
 1 small onion, washed and finely chopped  
 2 cups cooked turkey or chicken, chopped  
 2 cups leftover, cooked stuffing  
 1/2 cup cranberry sauce or 1/3 cup dried cranberries  
 1/2 cup low-sodium vegetable or chicken broth

### Directions:

1. Preheat the oven to 350°F.
2. Poke holes around acorn squash and place in the microwave for about 2 minutes to soften squash to cut.
3. Once the squash is softened, cut in half lengthwise. Remove the seeds and pulp with a spoon
4. Place squash halves in a baking pan, cut side facing down.
5. Add 1-2 cups of water to the pan, enough to fill about 3 inches high.
6. Bake squash in the oven, uncovered, for 30 minutes.
7. While squash is baking, place chopped onion in a large microwave-safe bowl.
8. Microwave onion, covered, on high for 1-2 minutes or until tender.
9. Add turkey or chicken, stuffing, cranberry sauce or dried cranberries, and broth to the cooked onion.
10. Carefully remove squash from the baking pan and drain water.
11. Put the squash back into the pan, with the cut side up.
12. Fill each squash with the turkey or chicken mixture.
13. Bake, uncovered, 25-30 minutes, or until heated through and squash is easily pierced with a fork.

### Nutrition Facts

4 serving per container

**Serving size** 1/2 squash

**Amount Per Serving**

**Calories** **440**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 80mg **27%**

**Sodium** 480mg **21%**

**Total Carbohydrate** 59g **21%**

Dietary Fiber 4g **14%**

Total Sugars 14g

Includes 0g Added Sugars **0%**

**Protein** 30g

Vitamin D 0mcg **0%**

Calcium 101mg **8%**

Iron 4mg **20%**

Potassium 1060mg **25%**

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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