



Chicken & Apple-Stuffed Honeynut Squash

with Pecan-Blue Cheese Arugula Salad



1,5h



2 Servings

A seasonal favorite, honeynut squash is like a mini butternut but sweeter and more vibrant. To celebrate Fall, we roast the beloved squash and then stuff it with an array of savory delights. Chicken sausage, apples and shallots flavor the stuffing, which bakes in the honeynut shell for an impressive presentation. An arugula salad with cranberries, blue cheese, and toasted pecans holds its own in this seasonal feast.

What we send

- 1 honeynut squash
- 1 shallot
- 1 apple
- 2 mini French rolls ¹
- ½ lb uncased Italian chicken sausage
- ¼ oz mushroom seasoning
- 1 oz pecans ¹⁵
- 2 oz balsamic vinaigrette
- 5 oz arugula
- 1 oz dried cranberries
- 1 oz blue cheese crumbles ⁷

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- 1 large egg ³

Tools

- rimmed baking sheet
- medium skillet
- small baking dish (optional)
- small skillet

Cooking tip

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Allergens

Wheat (1), Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 930kcal, Fat 48g, Carbs 86g, Protein 44g



1. Roast squash

Preheat oven to 425°F with a rack in the center. Line a rimmed baking sheet with foil.

Halve **squash** lengthwise; scoop out and discard seeds. Place on prepared baking sheet and rub all over with **oil**; season with **salt** and **pepper**. Roast squash, cut side down, on center oven rack until flesh is fork tender and skin is golden brown around the edges, about 30 minutes.



4. Stuff squash & bake

Off heat, stir in **bread**, **scooped-out squash**, **1 large egg**, and **¾ cup water**. Spoon **stuffing** into **squash shells**. Bake on center oven rack until stuffing is heated through and browned on top, about 30 minutes. (Bake any extra stuffing in a small baking dish on the side.)



2. Prep ingredients

While **squash** roasts, finely chop **shallot**. Quarter **apple**, discard core, and cut into ¼-inch pieces. Once squash is cool enough to handle, carefully scoop out flesh, leaving a ¼-inch border. Tear **rolls** into bite-size pieces.



5. Toast pecans

While the **stuffed squash** bake, coarsely chop **pecans**. Heat **1 teaspoon oil** in a small skillet over medium-high. Add pecans and stir, until fragrant and lightly toasted, 2-3 minutes. Transfer to a plate and sprinkle with **salt**.



3. Cook stuffing

Heat **2 tablespoons butter** in a medium skillet over medium-high. Add **shallots** and **apples**; cook until softened, about 5 minutes. Add **chicken sausage**; cook, breaking meat up into smaller pieces, until browned and cooked through, about 5 minutes. Add **1½ teaspoons mushroom seasoning**; cook 1 minute more. Season to taste with **salt** and **pepper**.







6. Make salad & serve

To a large bowl, add **balsamic dressing**. Add **arugula**, **cranberries**, **blue cheese**, and **toasted pecans**; toss to combine.

Serve **stuffed squash** with **arugula salad** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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