

Turkey Piccadillo-Stuffed Acorn Squash

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Servings: 6

3 small (three pound) acorn squash

1 tablespoon canola oil

*8 ounces tomato trinity
(diced tomatoes, onions,
bell peppers)*

*2 teaspoons roasted garlic,
minced*

*1 pound ground turkey
breast (or ground turkey)*

1 teaspoon Kosher salt

*2 teaspoons salt-free Italian
seasoning*

*1 cup unsalted vegetable
stock (or broth)*

*1 cup chunky tomato garlic
pasta sauce*

*1 package (8.8 ounce)
precooked brown rice*

1/3 cup raisins

Cut the squash in half from tip to stem. Scoop out the seeds with a spoon. Place the squash, flesh side up, in a 13x9-inch microwave-safe dish. Cover. Microwave on HIGH for 8 to 10 minutes or until fork-tender (microwave in batches, if necessary). Set aside.

Preheat a large nonstick saute' pan on medium-high for 2 to 3 minutes. Place oil, the trinity mix and garlic in the pan. Cook for 2 to 3 minutes, stirring occasionally, or until the vegetables are tender.

Stir in the turkey, salt, and seasoning. Cook for 3 to 4 minutes, stirring to crumble the meat, or until the turkey begins to brown.

Add the stock, pasta sauce, rice and raisins to the pan. Cook and stir for 2 to 3 minutes or until the mixture has thickened and the turkey is 165 degrees.

Place the hot squash halves carefully on a platter. Fill each evenly with the turkey mixture.

Serve.

Per Serving (excluding unknown items): 130 Calories; 3g Fat (15.6% calories from fat); 2g Protein; 29g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 321mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Fruit; 1/2 Fat.