

Recipe 1:

# Stuffed Squash

STEP 1: Get a Acorn Squash & cut it in half



Helpful tips when getting the squash:

Use a sharp knife

Don't pull the squash directly from fridge and start cutting it immediately

## STEP 2: Prepare the Squash

Once the Squash is cut in half, you want to clean the seeds from the inside of the Squash.



## STEP 3: Prep the Squash for Baking



When prepping my squash I drizzled it with olive oil and sprinkled salt, pepper, and red pepper flakes.

## STEP 4: Bake the Squash

I baked the squash @ 425 degrees for about 25 minutes to where they were soft on the inside and a golden crisp on the outside.



## STEP 5: Cook Ingredients to Stuff in Squash



My ingredients included lemon pepper seasoned chicken, bacon, mushrooms, onions, and corn.

\* The onions and mushrooms were purchased from the Topaz market.



## STEP 6: Add the Final Ingredients & Enjoy!

After the ingredients were completely cooked and the squash baked to perfection, they were combined and garnished with cilantro.

\* The cilantro was also purchased from Topaz market!

