

Salt and Serenity

Kale and Sausage Stuffed Squash

Recipe adapted from Lena Abraham on delish.com

Serves 6 as a side dish or 3 as a main course

- 3 small squash ([acorn, delicata, honeynut, or sweet dumpling](#))
- 2 Tablespoons olive oil
- 1 teaspoon Diamond Crystal Kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 cup Israeli couscous
- 3 cups apple cider
- ¼ cup apple cider vinegar
- ½ cup grams dried cherries
- ½ teaspoon Diamond Crystal Kosher salt
- 2 sprigs fresh thyme
- 1 Tablespoon olive oil
- 340 grams spicy Italian sausage (I used [Beyond Meat plant based](#))
- 2 large shallots, finely chopped
- 2 stalks celery, finely chopped
- 2 cloves garlic, grated on microplane grater
- 1 bunch lacinato (black) kale, stems removed and chopped
- 85 grams shredded cheese (I used a mix of Havarti, Gouda, and Monterey Jack)
- Garnish:**
- ¼ cup toasted pumpkin seeds
- ½ cup pomegranate seeds

1. Preheat oven to 400°F. Halve squash. I like to use a grapefruit spoon to remove seeds and stringy flesh from the inside of each half. Arrange squash halves on baking sheet. Drizzle with olive oil, salt, and pepper. Roast until squash are tender, about 35-40 minutes.
2. While squash are roasting, cook Israeli couscous. Place couscous, apple cider, cider vinegar, dried cherries, salt, and thyme sprigs in a medium sized saucepan. Bring to a boil, and then reduce to a simmer, Cook, uncovered, until couscous tender, about 12-15 minutes. If all the liquid evaporates and couscous is still not tender, add a bit of water and continue cooking. Remove thyme sprigs. Transfer to a large mixing bowl to cool.
3. Make the filling. In a large skillet over medium heat, heat olive oil. Add sausage and cook, breaking up with a wooden spoon and stirring occasionally until golden and cooked through, 5 minutes. Remove sausage with a slotted spoon and place into mixing bowl with couscous.
4. Leave about a tablespoon of fat from sausages in pan. Add shallots and celery and sauté over medium heat until soft, about 5 minutes. Add about ½ teaspoon Diamond Crystal Kosher salt. If veggies start to burn, add ¼ cup of water and continue cooking. Add garlic and kale and continue cooking until kale wilts. Add kale mixture to large mixing bowl with couscous and sausage. Mix ingredients in bowl until well combined. Add about half the cheese and mix again. Taste for seasoning.
5. Divide mixture among squash halves, mounding up quite high. Top with remaining cheese. Place in oven and heat until cheese is bubbling, about 5-7 minutes. Garnish with pumpkin and pomegranate seeds and serve.