

## Sausage Stuffed Acorn Squash

2 acorn squash

$\frac{1}{2}$  cup uncooked brown rice

1 lb. maple-flavored pork sausage

1 egg

1 can (2.5 oz.) sliced mushrooms, drained

Salt to taste

Preheat oven to 350 degrees. Cut each squash in half lengthwise; discard seeds. Place squash halves, cut side down, in a baking dish. Bake for 45 minutes.

Prepare rice according to package directions. In a large skillet, cook sausage until brown; drain and place in a bowl. Mix sausage with egg, mushrooms and rice. Turn squash halves cut-side-up in baking dish and sprinkle with salt. Spoon sausage mixture into squash halves. Cover with foil, return to oven and bake for an additional 15 minutes or until tender. Serve immediately. Serves 4.