

ALCON,

Since I have gone on terminal leave, I have found more time to pass on the recipes I have been promising for months. This recipe is easy and a perfect recipe for the fall (just around the corner). I have been promising this to Lynna for a while. It is out of "The Outdoor Dutch Oven Cookbook." A great camping cookbook, that can be used for normal home cooking.

Ingredients:

2 Large Acorn Squash, cut in half

Salt to season squash

1 pound bulk pork sausage (Jimmy Dean is my recommendation)

1 cup chopped celery

¼ cup sliced mushrooms

¼ cup chopped onion

1 egg, slightly beaten

½ cup sour cream

1 ounce Parmesan cheese, grated (1/4 cup)

¼ teaspoon salt

Scoop the seeds out of the four halves of squash.

Lightly salt inside of each squash.

Place squash in Dutch Oven, or 9" x 12" baking pan.

Bake for 30 minutes at 350 degrees in a conventional oven, until tender.

Combine sausage, celery, mushrooms and onions in a skillet. Sauté until vegetables are tender and meat is brown. Drain well.

Combine egg, sour cream, Parmesan and ¼ teaspoon salt in a separate bowl. Stir into sausage mixture.

Fill each squash half with sausage the mixture and place halves in Dutch Oven/baking dish.

Cover and bake for 20 minutes at 350 degrees.

This is a really good dish that is easy to make (either in a Dutch Oven in a camp fire, or in the comfort of your home in a conventional oven).

Enjoy.

Cheers

Bucket