

# Black Walnut Stuffed Acorn Squash

*Serves 4*

## Sausage Seasoning

- 1 ½ tsp salt
- 1 tsp paprika
- 1 tsp ground black pepper
- ½ tsp garlic powder
- ½ tsp fennel seed
- ½ tsp sage
- ½ tsp [Magic Mushroom Powder](#)
- ¼ tsp crushed red pepper flakes (optional)

## Black Walnut Stuffing

- 2 c black walnuts, chopped
- 2 c cauliflower florets
- 1 Tbs maple syrup
- ½ c sundried tomatoes
- 2 garlic cloves
- 2 medium to large acorn squash, halved, seeds removed
- Sage, rosemary, salt
- ½ onion, chopped
- 1 rib celery, chopped
- 1 medium cooking apple, chopped
- 2 Tbs flax meal
- ½ cup water
- Cooking fat of choice



## Instructions

1. Blend all sausage seasonings in food processor
2. Preheat the oven to 400 degrees. Pulse all ingredients (except the walnuts) in the food processor with the sausage seasoning until the mixture is evenly ground, then add the walnuts and pulse together. Transfer the black walnut crumbles to a greased baking sheet and bake for 30-40 minutes, stirring every ten minutes or so.
3. Meanwhile, brush the cut faces of the acorn squash with cooking fat of choice, and sprinkle with sage, rosemary and salt. Bake the acorn squash face-down at 400 F for 30 minutes. (This can be done on a different rack in the same oven.) Do not overcook; they should still be slightly firm.
4. While the black walnut mixture and acorn squash are baking, sauté onion and celery in cooking fat of choice until soft. Add chopped apple and continue to cook for a few additional minutes.
5. Toss the onion, celery and apple with the black walnut mixture and flax meal. Add ¼ cup water and mix thoroughly. Add more water, 2 Tbs at a time, until the stuffing begins to cling to itself.
6. Stuff each acorn squash with a quarter of the mixture, and return to oven for an additional 15 minutes.