Baked Pepper Acorn Squash



Well-balanced, flavorful side dish that can also be a great lunch.

Timing

Prep time	Total time	Skill level
15 minutes	**95-100 minutes**	**Medium**

What You'll Need

Acorn Squash

- 2 strips bacon
- sea salt and pepper to taste
- 1 tbsp butter or olive oil
- 1 tbsp chopped onions
- 1 tbsp maple syrup
- 2 cups spinach
- 2/3 cup frozen corn niblets, thawed
- 1 red, yellow or orange Red Sun Farms bell pepper or 3 Sweetpeps cut into small ½-1-inch pieces
- 2 tbsp chopped fresh parsley
- ½ cup grated old cheddar cheese
- ¼ cup grated parmesan cheese

- 1 Acorn Squash

Directions

1. Preheat the oven to 350°
2. Cut the acorn squash in half from top to bottom. Place each half upside down on a baking sheet lined with parchment paper. Bake in the oven for 40-45 minutes or until the inside of the squash is soft.
3. At the same time put the bacon on the baking sheet and bake until crispy – about 15-20 minutes.
4. When the squash is done, remove it from the oven and flip it over. Scoop out the seeds. Scoop out the squash but leave a small amount in the shell – about 1-inch thick. Season the shell with sea salt and pepper.
5. Place a large frying pan on the stove on medium-high heat. Add the butter or olive oil in the pan and add the onions. Lightly sauté until slightly translucent.
6. Add the maple syrup, spinach, corn, peppers and parsley.
7. Crumble the bacon and add to the frying pan along with the squash. Stir for about 1 minute to heat through. Season with sea salt and pepper.
8. Scoop the mixture into the squash shells. Put back into the oven to bake for 20 minutes. Remove from the oven and top with cheese. Put back into the oven and bake for another 20 minutes.