

## Amy Ruth's Stuffed Delicata Squash

### Ingredients

- 1 large or 3 small delicata squash, halved and seeds removed
- 1/2 cup chopped onion
- 1 cup baby kale
- 3/4 cup chopped mushrooms
- 1 sprig fresh thyme
- Salt/pepper to taste
- Butter

### Directions

1. Bake squash halves, face down on baking sheet, in 425 oven for about 20-25 minutes.
2. Meanwhile, sautee onions, mushrooms, kale in a bit of butter till soft.
3. Divide vegetable stuffing between the squash halves, filling the cavity as much as possible.
4. Bake for another 10 minutes or so.

This recipe comes from Amy Ruth Finegold; instagram@[AmyRuthsPantry](#)

**Mary-Beth says:** *"If you have never had delicata squash you are in for a treat. They are small but mighty in taste and vitamins! And one note, I might add some shredded parmesan or mozzarella to the top before baking-I usually can't help myself when it comes to adding cheese to recipes!"*