Sausage and Rice Stuffed Pumpkin

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Serves: 6
Prep: 30 minutes | Cook: 55 minutes

INGREDIENTS
- 3 small pumpkins (about 2 pounds each)
- 1/2 pound Italian sausage
- 1 pound mushrooms, sliced
- 2 medium onions, diced
- 1 medium green pepper, diced
- 2 garlic cloves, minced
- 4 cups cooked long grain rice
- 1 cup parmesan cheese, grated
- 2 large eggs, lightly beaten
- 1/4 cup parsley, minced
- Salt and pepper to taste

DIRECTIONS
1. Preheat oven to 450°F. Cut a 3-in. circle around each pumpkin stem. Remove tops and set aside. Remove strings and seeds from pumpkin and discard.
2. In a large skillet, cook sausage, vegetables, and garlic over medium heat for 6-8 minutes or until sausage is no longer pink. Break the sausage into crumbles and drain.
4. Place pumpkins on a baking sheet. Fill with rice mixture. Replace pumpkin tops, and bake for 30 minutes.
5. Reduce oven temperature to 350°F. Bake 25-35 minutes longer. Sprinkle remaining cheese on top. Cut to serve.

Nutrition Information
Serving Size: 1/6 of recipe
Calories: 204
Total fat: 6 g
Saturated Fat: 2 g
Cholesterol: 49 mg
Sodium: 405 mg
Carbohydrates: 30 g
Fiber: 2 g
Sugars: 5 g
Protein: 10 g

Recipe adapted from: Taste of Home

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