

Sausage and Rice Stuffed Pumpkin

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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.
3. Remove from heat. Stir in rice, 3/4 cup parmesan cheese, eggs, parsley, salt and pepper.
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