

ONE BITE

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Vegan Magazine

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TAKING CONTROL
OF YOUR HEALTH

with a Plant Based Diet

Healthy lunch box

AND SNACK
IDEAS FOR KIDS

WIN A COPY of VEGAN COMFORT COOKING * RECIPES

SEASONAL
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!

VEGAN HALLOWEEN
RECIPES



Stuffed Vegan Delicata Squash

By bearplate

INGREDIENTS

- 2 medium delicata squash
- 2 Tbsp olive oil
- 14oz vegan breakfast sausage cut into bite-sized pieces
- 2 cups chopped mushrooms
- 1 tsp poultry seasoning
- 1 cup vegetable broth
- 6oz fried onions divided
- 1 apple peeled, cored, and chopped
- 2 Tbsp dried cranberries
- pinch of pepper
- pinch of smoked paprika (optional)

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Heat olive oil in a medium pot. Add the sausage and cook until browned. Don't worry if some of it sticks to the pot.
3. Add the mushrooms and cook for two mins.
4. Add the broth, pepper, and poultry seasoning and cook until it's reduced by about half.
5. Add 1 ½ cups of fried onion, chopped apple, and dried cranberries. Cook until all of the liquid has been absorbed.
6. Cut each squash in half lengthwise and scoop out the seeds. Place them on a baking sheet and fill them with the sausage mixture.
7. Cover the squash with foil and bake for one hour or until they can be easily pierced with a knife.
8. Crush the remaining fried onions.
9. Remove the foil and coat the squash with the onions and sprinkle with paprika. Bake for an additional 15 mins.

PREP TIME:

15 mins

COOK TIME:

75 mins

TOTAL TIME:

1 hour 30 mins

YIELD:

8 1x



Bearplate —

Bearplate.com is a vegan website dedicated to presenting its followers with delicious vegan recipes, resources and guides. It aims to promote clean eating and to show that vegan cooking can be simple and delicious.

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