

Foodnity Recipes

Ground Turkey & Brown Butter Sage Stuffed Pumpkins

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 small sugar pumpkins (about 1-2 lbs each)
- [ ] 1 lb ground turkey
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1/2 cup breadcrumbs
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 tbsp olive oil
- [ ] Salt and pepper to taste

For the Brown Butter Sage

- [ ] 4 tbsp unsalted butter
- [ ] 12 fresh sage leaves
- [ ] 1/4 tsp nutmeg (optional)

Instructions

1. Preheat your oven to 375°F (190°C). Cut the tops off the pumpkins and scoop out the seeds and strings. Brush the inside with olive oil and season lightly with salt and pepper.
2. In a large skillet, cook the ground turkey over medium heat until browned and cooked through. Drain any excess fat and set aside.
3. In the same skillet, sauté the onion and garlic until soft and fragrant. Add the cooked turkey back to the skillet, along with the breadcrumbs and Parmesan cheese. Mix well and season with salt and pepper.
4. In a small pan, melt the butter over medium heat. Add the sage leaves and cook until the butter turns golden brown and the sage is crispy. Remove from heat and set aside.
5. Stuff each pumpkin with the turkey mixture, pressing down gently. Place the pumpkins on a baking sheet and drizzle the brown butter sage over the tops.
6. Bake for 35-45 minutes, or until the pumpkin flesh is tender and the filling is hot and bubbly. Serve warm, garnished with extra sage leaves if desired.

Nutrition per serving

320 kcal Calories	**24 g** Protein	**28 g** Carbs	**14 g** Fat

Tips & notes

- For extra flavor, add a pinch of nutmeg or cinnamon to the filling.
- If the pumpkins are too large, you may need to adjust the baking time.
- Leftovers can be stored in the fridge for up to 3 days. Reheat in the oven for best results.