

Italian Sausage & Spinach Stuffed Butternut Squash

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Happy October !!! I love this time of year when butternut squash comes into season—there’s just something so cozy about roasting it until it’s golden and tender.” When you scoop it out and fill it with savory Italian sausage, garlicky spinach, and plenty of melty cheese, you’ve got a meal that’s as beautiful as it is satisfying. This stuffed butternut squash is hearty enough to be the star of your dinner table, yet elegant enough to serve for a special occasion.

The best part? Nothing goes to waste. The sweet roasted squash flesh is mixed right into the filling, giving it a creamy richness that balances perfectly with the savory sausage and Parmesan. Finished with bubbling mozzarella on top, every bite brings that rustic Italian warmth that makes you want to linger at the table just a little longer.

Things to know about this Italian Sausage & Spinach Stuffed Butternut Squash

Make Ahead:

You can roast the butternut squash and cook the sausage filling a day in advance. Store them separately in the fridge, then stuff and bake when ready to serve.

Variations:

- Swap spinach for kale or Swiss chard.
- Try sweet Italian sausage for a milder flavor or spicy for a kick.
- For a vegetarian version, leave out the sausage and bulk up the filling with sautéed mushrooms or cooked lentils.

Storage:

Leftovers keep well in the fridge for up to 3 days. Reheat in the oven at 350°F until warmed through, or in the microwave for a quick meal.

Serving Tip:

This dish is hearty on its own, but pairs beautifully with a crisp green salad or a loaf of warm, crusty bread

More Cozy Italian Recipes to Try

If you loved this Italian sausage and spinach stuffed butternut squash, here are a few more recipes you won't want to miss:

- Italian Sausage and Mushroom Risotto – creamy, comforting, and restaurant-worthy.
- Italian Escarole and Beans with Sausage – a rustic favorite perfect for chilly nights.
- Creamy Sausage Tortellini Soup – rich, hearty, and ready in under 30 minutes.
- Italian Roasted Sausage, Potatoes, and Peppers – a classic tray-bake meal with bold flavors.
- **Italian Sausage & Spinach Stuffed Butternut Squash**
- **Serving Size:** 4–6 servings

- **Prep Time:** 15 minutes
- **Cook Time:** 55–65 minutes
- **Total Time:** About 1 hour 15 minutes

Ingredients

- 2 medium butternut squash (halved lengthwise, seeds scooped out)
- 3 tablespoons olive oil (divided)
- Salt and black pepper, to taste
- 1 pound Italian sausage (mild or spicy, casings removed)
- 1 small onion, diced
- 3 cloves garlic, minced
- Flesh from the roasted butternut squash (scooped out and roughly chopped, leaving about $\frac{1}{2}$ inch in the shells)
- 4 cups fresh spinach (roughly chopped)
- $\frac{1}{2}$ cup sun-dried tomatoes, chopped (optional but adds sweetness and depth)
- 1 teaspoon dried Italian herbs (oregano, thyme, basil mix)
- $\frac{1}{2}$ cup breadcrumbs (Italian style)
- $\frac{1}{2}$ cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese
- 2 tablespoons fresh parsley, chopped

Instructions

1. Roast the squash

- Preheat oven to 400°F (200°C).
- Brush squash halves with 2 tablespoons olive oil and season with salt and pepper.
- Place cut side down on a baking sheet lined with parchment. Roast for 35–45 minutes, until flesh is fork-tender.

2. Make the filling

- While the squash roasts, heat 1 tablespoon olive oil in a large skillet.
- Add sausage and cook, breaking it up with a wooden spoon, until browned (about 7 minutes).
- Add onion and garlic, cooking until softened.
- Scoop out some of the roasted squash flesh (leaving about $\frac{1}{2}$ inch along the sides for stability) and roughly chop it. Add it to the skillet and stir into the sausage mixture.
- Stir in spinach and cook until wilted.
- Add sun-dried tomatoes, Italian herbs, breadcrumbs, Parmesan, and half of the mozzarella. Mix well, then remove from heat.

3. Stuff the squash

- Fill each squash cavity with the

sausage–squash mixture, packing it in.

4. Bake

- Top with the remaining mozzarella.
- Return to oven and bake at 375°F for 15–20 minutes, until cheese is melted and golden.

5. Serve

- Garnish with fresh parsley and extra Parmesan. Serve hot as a main dish.

