

# SAUSAGE-STUFFED PATTY PANS

Prep: 20 minutes | Cook: 35 minutes | Yield: 4-8 servings

## INGREDIENTS

4 small or 3 large patty pans or zucchini (about 2 lbs), stems and blossom ends removed  
3 tbsp olive oil, divided  
Approx 1 tsp Kosher salt, to taste  
½ lb (4) Chatsworth Farm all-beef sausages, casings removed  
1 cup cooked Red Fife wheat berries (recipe on our website)  
½ cup crumbled feta cheese  
¼ cup chopped fresh parsley, divided  
2 tbsp pine nuts  
Freshly ground black pepper, to taste  
¼ cup plain dry breadcrumbs  
1 garlic clove, smashed

## METHOD

Preheat oven to 375°F.

Slice the squash in half lengthwise, and use a spoon to scoop out the seeds and create a well in the middle; if you use zucchini and there are no seeds, scoop out some of the flesh and reserve for another recipe. Be careful not to tear through the squash. Lightly brush the insides of the squash with 1 tablespoon of olive oil and sprinkle with a pinch of salt.

In a small bowl, mix the raw sausage, cooked wheat berries, crumbled feta cheese, most of the chopped parsley, and pine nuts. Season the mixture with a pinch of salt and freshly ground black pepper to taste. Divide the filling evenly among the squash halves, piling it up in a small mound in the center.

In a skillet over medium heat, add the remaining 2 tablespoons of olive oil. Add the smashed garlic and cook until fragrant (about 2 minutes); smashing the garlic rather than chopping or mincing helps to prevent burning and reduces the chance of bitter garlic flavour. Then add the bread crumbs and stir until evenly coated in the oil, another minute or so. Sprinkle the garlic-infused breadcrumbs evenly over the filling in the squash halves.

Place the squash halves on a lined baking sheet and bake for 30-35 minutes, or until the squash is tender and the tops are golden brown. Remove from the oven, let cool for a few minutes, garnish with remaining chopped parsley, and serve.

**Enjoy!**



*Recipe written and photographed by Chatsworth Farm*

*Recipe adapted from Gather & Dine*