

Squash Chicken Loaf

Course Main Dish
Cuisine American

Servings 4-6 PEOPLE
Prep Time 15 MINUTES
Cook Time 55 MINUTES

Ingredients

- 2 small Squash
- 1/4 cup Onion (diced)
- 1 tbsp olive oil
- 1 lb. King's Poultry Farm Ground Chicken
- 2 tsp Flavored Mustard of Choice
- 1 Egg
- 1/4 cup Parmesan cheese
- 1/2 cup Oatmeal
- 2 tsp Garlic Powder
- 1/4 tsp Ground Sage
- 2 tsp Dried Parsley
- Salt & Pepper to Taste

Instructions

1. Preheat oven to 375°. Rinse squash & slice down the middle long ways. Remove seeds. Fill a baking dish with 1/2 inch of water. Place squash face down in water & bake for 20 minutes.

2. Meanwhile, prepare your meatloaf mixture. Fry onion in olive oil until tender. Place in a medium bowl along with chicken, mustard, egg, cheese, oatmeal, garlic powder, sage, & parsley. Mix together with clean hands until well blended.

3. When 20 minutes is up on the squash remove from oven & drain water from baking dish. Turn squash over & sprinkle with salt & pepper. Spoon meatloaf mixture into squash. Sprinkle again with salt & pepper.

4. Bake for another 35 minutes OR until an internal temperature of 165° is reached. Enjoy!