

Butternut Squash with Italian Sausage

Cutting butternut squash can be very time consuming. Save time by using pre-packaged squash in this mouthwatering dish. Serve this with a large green salad.

Prep Time: 10 minutes Facts

Serving Size: 1 heaping cup

Recipe Serves 4

Ingredients

Cooking spray

2-12 ounce packages cubed butternut squash

½ small onion diced

3 Italian-style cooked chicken sausage links, sliced

1 teaspoon olive oil

1/8 teaspoon sage

Pinch cayenne pepper (optional)



Instructions

1. Preheat oven to 425 degrees F. Spray a baking sheet with cooking spray.
2. In a medium bowl, mix together all remaining ingredients.
3. Spread evenly on baking sheet and bake 30-35 minutes or until squash is tender.

Nutrition Information: (Per Serving)

4 Servings (about 1 cup)

Calories 180

Carbohydrate 19 g

Protein 13 g

Fat 7 g

MAKE IT GLUTEN-FREE: Confirm sausage and all other ingredients are gluten-free and this dish can be made gluten-free.