

# Acorn Squash & Sausage Hash

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 10 ozs Pork Sausage (casings removed)
- 1 tbsp Extra Virgin Olive Oil
- 1 Acorn Squash (peeled, chopped into cubes)
- 1/2 Yellow Onion (chopped)
- 2 cups Mushrooms (sliced)
- 2 cups Kale Leaves (chopped)
- 1 tbsp Nutritional Yeast
- 1 tsp Sea Salt
- 1 Apple (cored, cubed)

## NUTRITION

### AMOUNT PER SERVING

Calories	349	Cholesterol	41mg
Fat	24g	Sodium	1253mg
Carbs	23g	Vitamin A	978IU
Fiber	4g	Vitamin C	24mg
Sugar	7g	Calcium	81mg
Protein	12g	Iron	2mg

## DIRECTIONS

- 01 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 02 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 03 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 04 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is approximately 1 cup of the hash mixture.

### MORE FIBER

Stir in cooked quinoa or rice.

### MAKE IT VEGAN

Use black beans or lentils instead of sausage.

### MEAL PREP

Cook the acorn squash in advance to save time.

