



Super-Special Chicken Sausage 'n Squash Pack



1/2 of recipe (about 2 cups): 285 calories, 8g total fat (2.5g sat. fat), 664mg sodium, 39.5g carbs, 6.5g fiber, 13.5g sugars, 17.5g protein

Prep: 20 minutes **Cook:** 45 minutes



Ingredients

3 cups cubed butternut squash (see *HG Tip!*)
1/4 tsp. dried ground sage
1/4 tsp. black pepper
1/8 tsp. salt
6 oz. (about 2 links) fully cooked chicken sausage with 8g fat or less per 3-oz. serving (like [the kind by Applegate Organic](#)), sliced into coins
1 cup chopped apple (about 1 apple)
1/2 cup chopped onion

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a large bowl, sprinkle squash with seasonings and toss to coat. Distribute onto the center of the foil. Top with sliced sausage, apple, and onion. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 45 minutes, or until squash is tender.

Cut packet to release steam before opening entirely. Divide and devour!

MAKES 2 SERVINGS

HG Tip! Look for pre-cubed squash in the produce section. And [click here](#) to read up on how to cube it yourself!

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