

Roasted Butternut Squash & (Trader Joe's) Italian Sausage-less Sausage

Easy main dish. Time spent at the stove is about 1/2 hour. For the remaining preparation time this dish is in the oven. While in the oven you have free time to relax or take care of other tasks. Preparation time is about 1½ hours from cutting board to dinner table. This dish will reheat, very well, for fast and delicious lunches and dinners. It will keep well in the refrigerator for approximately 5-7 days.

INGREDIENTS

- 1 package of Trader Joe's Italian Sausage-less Sausage, sliced diagonally about 1/8" thick
- 8 cups of peeled, seeded and cubed (about 1" cubes) Butternut Squash
- 1 package of sliced baby portobello mushrooms
- 2 cups coarsely chopped sweet onion
- 1/3 cup finely chopped fresh sage
- 2 T. your favorite olive oil
- freshly ground pepper to taste
- salt to taste

BAKING TIME

Bake in the middle rack of the oven. For a total of approximately 1 hour or until desired golden brown. The baking time is split. After the first 35 minutes stir the ingredients and add in the sliced sausage.

PREPARATION

1. Heat oven to 350 degrees. Prepare a roasting pan (large enough to hold all the above ingredients) by brushing olive oil inside on the bottom and sides completely.
2. Sauté the onion in olive oil until clear and has a nice golden brown.
3. Combine the cubed butternut squash, sliced mushrooms, finely chopped sage and sautéed onion in the prepared roasting pan. Put the pan with all these ingredients into the preheated oven for 35 minutes. After 35 minutes remove pan stir cubed butternut squash, sliced mushrooms, finely chopped sage and sautéed onion to mix and add the sliced Trader Joe's Italian Sausage-less Sausage. Sprinkle with salt and pepper as desired. Mix all ingredients thoroughly in the pan. Bake for an additional 35 minutes or until nicely brown and cooked as desired. *Also, if desired, mix during baking time.*

NUTRITIONAL INFORMATION:

Butternut squash is a great source of potassium, vitamin C and magnesium. Extremely low fat and a natural anti-inflammatory food source. The Portobello mushrooms have some protein and are high in omega-6 fatty acids, potassium, folate and choline. Choline is key element for healthy organ function. The sausage has no animal fat and is excellent source of protein.

To learn more about the nutritional value of these ingredients go to: <http://nutritiondata.self.com>