



**GREEN
CHEF**

SAUSAGES & MASHED ACORN SQUASH

Sautéed collard greens & bell pepper, almonds

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

730

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN-FREE

Roasting acorn squash caramelizes it, intensifying its naturally sweet and earthy flavors. In this keto-friendly dish, we add savory richness by mashing the roasted squash with cream cheese and fresh chives before serving it alongside juicy pan-seared Italian pork sausages. Sautéed collard greens and red bell pepper — finished in butter — give the dish bold pops of color, while almonds add a light crunch over top.

INGREDIENTS (8 ITEMS)

3 whole **Italian pork sausages**
 10 ½ oz **Acorn squash**
 1 oz **Cream cheese** M
 5 ¼ oz **Collard greens**
 1 ¾ oz **Red bell pepper***
 2 oz **Yellow onions**
 ⅛ oz **Chives**
 ½ oz **Sliced almonds** T

WHAT YOU'LL NEED

medium sauté pan
 baking sheet
 medium bowl
 measuring spoons
 potato masher
 thermometer
 oven mitt
 cooking oil
 1 tbsp butter M
 salt & pepper

ALLERGENS

M MILK
T TREE NUTS (almonds)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP & ROAST SQUASH

- Preheat oven to 450 degrees.
- Remove seeds from **acorn squash** with a spoon. Drizzle insides with about 1 tablespoon cooking oil. Season insides with salt and pepper. Rub to coat.
- Place **squash** on a foil-lined baking sheet, cut-side down. Roast 25-30 minutes, or until squash is tender.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2 FINISH PREP

- Cut **red bell pepper** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Remove and discard any thick center stems from **collard greens**. Roughly chop leaves into bite-size pieces.
- Mince **chives**.
- Roughly chop **sliced almonds**.



3 COOK SAUSAGES & VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **Italian pork sausages** to hot pan. Cook 4-5 minutes, or until lightly browned.
- Flip **sausages**. Add **bell pepper** and **yellow onions** to pan around sausages. Cook 6-7 minutes, or until sausages are fully cooked* and veggies are tender, stirring veggies occasionally.

**Pork sausages are fully cooked when internal temperature reaches 160 degrees.*



4 FINISH VEGGIES

- Transfer **sausages** to a cutting board. Reduce heat on pan with **veggies** to medium. Add **collards** and about 2 tablespoons water. Stir to combine. Cook 1-2 minutes, or until collards are wilted, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Salt and pepper to taste. Stir until butter melts.



5 MASH SQUASH

- Separate **squash** from skin with a large spoon; discard skin.*
- Transfer **squash** to a medium bowl. Mash with a potato masher (or fork) until smooth. Add **cream cheese** and **chives**. Salt and pepper to taste. Stir to combine.

**We recommend using tongs or an oven mitt to hold the acorn squash while it's hot.*



6 PLATE YOUR DISH

- Cut **sausages** at an angle into 5-7 slices each.
- Divide **Italian sausages** between plates. Pile **mashed acorn squash** and **sautéed veggies** on the side. Garnish with **almonds**. Enjoy!

Nutrition Facts

2 Servings per container

Serving size (395g)

Amount per serving

Calories **730**

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 20g	100%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 860mg	37%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 212mg	15%
Iron 2mg	10%
Potassium 889mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Italian Pork Sausages [pork, water, spices, salt, garlic, vinegar], **Yellow Onions**, **Acorn Squash**, **Collard Greens**, **Almonds** [almonds], **Bell Peppers**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Chives**

Allergen information:

Contains Milk And Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.