



**GREEN
CHEF**

SAUSAGES & MASHED ACORN SQUASH

sautéed collard greens & bell pepper, almonds

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

600

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN-FREE

Roasting acorn squash caramelizes the veg, 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 on top.

INGREDIENTS (8 ITEMS)

10½ oz	Acorn squash*
1 unit	Red bell pepper
1 whole	Yellow onion
5¼ oz	Collard greens
⅛ oz	Chives
½ oz	Sliced almonds <small>T</small>
3 whole	Italian pork sausages**
1 oz	Cream cheese <small>M</small>

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

T TREE NUTS (almonds)
M MILK



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 Safe Spot Program.

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

*Due to the varying nature of organic produce, we may have sent a larger squash than needed.
**Sausages are fully cooked when internal temperature reaches 160 degrees.

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 [greenchef.com/faq](https://www.greenchef.com/faq) 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**, cut sides down, on a foil-lined baking sheet. Roast 25–30 minutes, or until tender. (You'll finish the squash in Step 5.)

**Use enough squash to match the size of a softball, saving the rest for another day. If you have a food scale, use 12 ounces to stay under 20 grams of net carbs per serving.*

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.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **collard greens**. Roughly chop leaves into bite-size pieces.
- Mince **chives**.
- Roughly chop **sliced almonds**.

**The ingredient you received may be a different color.*

3 COOK SAUSAGES & VEGGIES

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **Italian pork sausages** to hot pan. Cook 4–5 minutes on one side, or until lightly browned.
- Flip **sausages**. Add **bell pepper** and **onion** to pan. Cook 6–7 minutes, or until sausages are fully cooked and veggies are tender, stirring **veggies** occasionally.
- Transfer **sausages** to a cutting board.

4 FINISH VEGGIES

- Reduce heat under 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. Stir until butter melts. Season with salt and pepper to taste.

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**. Stir to combine. Season with salt and pepper to taste.

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

6 PLATE YOUR DISH

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



Nutrition Facts

2 Servings per container

Serving size (421g)

Amount per serving

Calories 600

	% Daily Value*
Total Fat 39g	50%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 870mg	38%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 261mg	20%
Iron 5mg	30%
Potassium 760mg	15%

* 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 Onion, 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.