

Succulent Sausage Squash Salad

Jacob · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

5

Description

With fresh nutty squash tart apple and savory sausage this brunch salad is sure to be a crowd pleaser when paired with the piquant balsamic maple reduction and a glass of cold milk

Ingredients

- - 1 small butternut squash - peeled
- seeded
- and cut into 1/2-inch cubes - 1 tablespoon olive oil - 1 teaspoon salt - 4 ounces ground breakfast sausage - 2 large apples
- diced into 1/2-inch cubes - 1 teaspoon fresh thyme leaves - 1/4 teaspoon ground sage - 1/4 teaspoon freshly grated nutmeg - 1/2 cup balsamic vinegar - 1/4 cup maple syrup

Instructions

1. Preheat oven to 450 degrees F (230 degrees C). Line a rimmed baking sheet with parchment paper. Place butternut squash into a large bowl; toss with olive oil and salt until thoroughly coated. Spread squash in a single layer on prepared baking sheet. Roast in preheated oven until tender
2. about 30 minutes. Cook sausage over high heat in a skillet until well-browned
3. about 7 minutes. Crumble cooked sausage into large serving bowl. Cook apple
4. thyme
5. sage
6. and nutmeg over high heat in the hot skillet with the sausage grease. Stir to thoroughly brown all sides
7. 3 to 4 minutes. Remove with a slotted spoon and add to bowl with crumbled sausage. Combine balsamic vinegar and maple syrup in a small saucepan. Place over high heat. When mixture comes to a boil
8. reduce heat to medium-low and simmer until it begins to thicken and smells strongly acidic
9. about 10 minutes. Remove from heat. Combine roasted squash with the apple and sausage. Mix thoroughly. To serve
10. spoon salad into individual dishes and drizzle with balsamic maple reduction. Serve with a glass of ice cold milk. Cook's Notes: Pair with a glass of chilled
11. organic whole milk. Squash roasting time may vary depending upon the oven used and size of the dice. Alternate herbs may be substituted to accommodate individual tastes.