



Chicken Sausage & Apple Oat Bake



1/6th of pan: 288 calories, 8g total fat (2g sat. fat), 687mg sodium, 37.5g carbs, 7g fiber, 5.5g sugars, 17g protein

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



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Ingredients

3 cups old-fashioned oats
1 1/2 tbsp. chia seeds
2 tsp. baking powder
1/2 tsp. onion powder
1/2 tsp. salt
1/8 tsp. ground sage
1/8 tsp. black pepper
1 1/2 cups unsweetened plain almond milk
1/2 cup canned pure pumpkin
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1 cup chopped onion
9 oz. (about 3 links) fully cooked chicken sausage with 8g fat or less per 3-oz. serving (like [the kind by Applegate Organic](#)), sliced into coins
1 1/2 tsp. chopped garlic
1 cup finely chopped apple

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, combine oats, chia seeds, baking powder, and seasonings. Mix well.

In a medium-large bowl, combine almond milk, pumpkin, and egg whites/substitute. Mix until uniform.

Add mixture in the medium-large bowl to the large bowl. Stir until uniform.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add onion. Cook and stir until lightly browned, about 4 minutes. Add sausage and garlic, and cook and stir until fragrant, about 2 minutes.

Add skillet contents to the large bowl, along with 1/2 cup apple. Mix well. Transfer mixture to the baking pan, and smooth out the surface.

Top with remaining 1/2 cup apple, and lightly press to adhere.

Bake until top is light golden brown and entire dish is cooked through, about 35 minutes.

MAKES 6 SERVINGS

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