



Super-Special Chicken Sausage 'n Squash Pack



1/2 of recipe (about 2 cups): 285 calories, 8g total fat (2.5g sat fat), 664mg sodium, 39.5g carbs, 6.5g fiber, 13.5g sugars, 17.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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



Ingredients

3 cups cubed butternut squash (see *HG Tip!*)
1/4 tsp. dried ground sage
1/4 tsp. black pepper
1/8 tsp. salt
6 oz. (about 2 links) fully cooked chicken sausage with 8g fat or less per 3-oz. serving (like [the kind by Applegate Organic](#)), sliced into coins
1 cup chopped apple (about 1 apple)
1/2 cup chopped onion

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a large bowl, sprinkle squash with seasonings and toss to coat. Distribute onto the center of the foil. Top with sliced sausage, apple, and onion. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 45 minutes, or until squash is tender.

Cut packet to release steam before opening entirely. Divide and devour!

MAKES 2 SERVINGS

HG Tip! Look for pre-cubed squash in the produce section. And [click here](#) to read up on how to cube it yourself!

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.