

# Roasted Pumpkin, Apples and Plant-based Sausages

Catherine Brown, plant-based chef and culinary nutritionist at [A Seat at My Table](#)



Total Time: 30-40  
minutes    Prep Time: 5-10  
minutes    Bake Time: 25-30  
minutes

Here's what you'll need for  
4 servings:

1 pkg Field Roast Smoked Apple Sage Grain Meat Sausages

1 small orange pie pumpkin

2 Ginger Gold, Macintosh or other baking apples

1 Tbsp olive oil

1/2 tsp black peppercorns or 1/4 tsp ground black pepper

3/4 tsp smoked salt

2 tsp fennel seeds

2 tsp rubbed sage or 1.5 tsp ground sage

fresh sage leaves for garnish (optional)

## The Process:

1. Pre-heat oven to 400 degrees. For easy clean-up, line a baking sheet with parchment paper.

2. Wash and dry the pumpkin and apples. Pop the stem off the pie pumpkin by pressing against it with your thumbs. If this fails, cut it off with a sharp chef's knife as close to the orange flesh as possible.

3. Cut the pumpkin in half vertically. Scoop out the seeds and pulp. Set these aside to be cleaned and roasted later.

4. Cut each pumpkin half into 1/2-3/4" wedges. You should end up with about 16 pieces. Toss these into a large bowl.

5. Next, prepare the spices. I like to use a mortar and pestle for this, but you can use a clean coffee grinder too (or use ground spices). Add the spices to the mortar (or coffee grinder) and pound until coarsely ground.

6. Drizzle the pumpkin wedges with the Tbsp. of olive oil, toss to coat. Add the spices and toss again.

7. Cut the plastic casings off the sausages and cut on a bias into 1" pieces. Toss these in with the pumpkin wedges.

8. Arrange the pumpkin wedges and sausages onto the parchment-lined baking sheet, ensuring none overlap. Bake in the lower 1/3 of the oven for 25-30 minutes until browned and tender.

9. While the pumpkin and sausages are cooking, core and cut the apples into 1/2" wedges. Toss these in the same bowl the pumpkin wedges and sausage pieces were in, stirring to coat with the residual seasonings. Spread these out on a parchment-lined baking sheet and bake in the upper 1/3 of the oven for 10 minutes. Both Ginger Golds and Macintosh apples will soften and expand quickly, so keep an eye on them or they'll become too soft. They offer a sweet, intense apple flavor and delicate creamy texture that is fantastic! However, you can use a firmer baking apple, but you may need to keep them in the oven longer until they are soft when pierced with a knife.

10. Arrange the pumpkin wedges, sausages and apples onto a platter and garnish with fresh sage, if you like. The apples will be slightly delicate, so arrange with care.

We love this platter without anything else, but this could also be served with a carafe of my **Pumpkin Tarragon Vinaigrette** for a bit of delicious tanginess or with a drizzle of maple syrup for a bit of extra sweetness.

Quick, seasonal and DELICIOUS!

Nutrition Facts	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>405</b>
	% Daily Value*
<b>Total Fat</b> 15.2g	20%
Saturated Fat 2g	10%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1055mg	46%
<b>Total Carbohydrate</b> 39.8g	14%
Dietary Fiber 11.9g	43%
Total Sugars 17.2g	
<b>Protein</b> 31.2g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 4mg	21%
Potassium 570mg	12%

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

Recipe analyzed by **verywell**

Nutrition information is for 1 sausage link (5-6 pieces), 5 wedges of pumpkin (about 1 cup) and half an apple (about 4 wedges or half a cup).

If you make this recipe, I'd love to hear how you and your guests liked it! Snap a photo and tag me too, **#chefcatherinebrown**. I love seeing what you make!

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