



GLASSES  
GOES  
GLUTEN  
FREE



# BUTTERNUT SQUASH SKILLET

SAVORY, FALL INSPIRED SKILLET - PERFECT FOR MEAL PREP!

## YOU WILL NEED:

- 4 Gluten-free Chicken sausage links, sliced into disks
- 2 Tablespoons oil
- 1 Butternut Squash - peeled, seeded and diced
- 4 Baby red potatoes, diced
- $\frac{1}{3}$  Red onion, diced
- $\frac{1}{2}$  cup chicken stock
- $\frac{1}{2}$  teaspoon dried thyme
- 2 handfuls spinach
- Salt and pepper to taste
- $\frac{1}{3}$  cup freshly shredded Parmesan cheese
- Pecans, for garnish if desired

- 1 In a non-stick skillet, brown chicken sausage on both sides. Take out and set aside.
- 2 In same skillet, heat oil. Saute squash, potatoes and onion on a medium-high heat for 7-10 minutes or until slightly browned.
- 3 Add in chicken stock and thyme. Keep heat on medium and cover for 8-10 minutes or until squash and potatoes cook through. (stock should be almost completely evaporated)
- 4 Add sausage back in along with your spinach. Stir together and turn off heat. Salt and pepper and garnish with freshly shredded parmesan - pecans if desired.