
Fall Vegetable Sausage Bowl

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Servings: 4

Start to Finish Time: 35 minutes

4 links (14 ounces) plant-based sausage
4 tablespoons olive oil, divided
8 ounces baby portobella mushrooms, sliced
1 tablespoon maple seasoning, divided
1 package fresh or frozen (9.5 to 12 ounce) butternut squash spirals
1/2 cup maple syrup
2 tablespoons ginger spice paste
1 package (8 to 10 ounce) frozen brussels sprouts
1 package (3.5 ounce) glazed walnut-cranberry blend
1 package (3.5 ounce) beef chips

Thaw the sausages, if needed.

Preheat a medium, nonstick saute' pan on medium-high heat for 2 to 3 minutes. Place the sausages into the pan. Cook for 5 to 6 minutes, turning occasionally, until the sausages are 165 degrees. Remove the pan from the heat. Cover to keep warm.

Meanwhile, preheat a large, nonstick saute' pan on medium-high for 2 to 3 minutes. Place two tablespoons of oil in the pan. Add the mushrooms and 1/2 teaspoon of maple seasoning. Cook for 4 to 5 minutes, stirring occasionally, until the mushrooms are tender. Remove the mushrooms from the pan and cover.

Add the remaining two tablespoonfuls of oil to the same pan. Add the spirals. Cook and stir for 3 minutes.

In a bowl, combine the maple syrup and ginger spice paste. Reduce the heat to medium-low. Add the maple syrup mixture and remaining 1/2 teaspoon of maple seasoning to the pan. Cook for 2 to 3 more minutes until the spirals are tender.

Cook the brussels sprouts according to package directions. Slice the sausages diagonally. Halve the brussels sprouts, if desired.

Assemble the bowls by dividing the spirals mixture among the serving bowls. Top with even amounts of brussels sprouts, mushrooms, sausages and walnut-cranberry blend in individual piles. Top with beef chips. Serve.

Pasta

Per Serving (excluding unknown items): 232 Calories; 14g Fat (51.5% calories from fat); 1g Protein; 28g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Vegetable; 2 1/2 Fat; 2 Other Carbohydrates.