

FALL HARVEST BOWLS

Higher Fiber, Lower Sodium

Serves: 8 (1 1/2 cup = serving)

Nutrition (per serving)

Calories: 430

Total Fat: 22 g

Saturated Fat: 3.5 g

Sodium: 430 mg

Total Carbohydrate: 47 g

Dietary Fiber: 7 g

Total Sugars: 8 g

Added Sugars: 2 g

Protein: 14 g

PREP TIME: 15 min

COOK TIME: 30 min

TOTAL TIME: 45 min



Ingredients

- 1 - 10 oz package frozen butternut squash
- 1 - 10 oz package frozen sweet potato
- 4 cups Brussels sprouts, sliced into thirds lengthwise
- ¾ cup thinly sliced red onion
- 4 smoked apple chicken sausages, chopped
- 1 Tablespoon olive oil

Dressing

- 2 Tablespoons olive oil
- 2 Tablespoons Dijon mustard

- 2 cloves garlic, minced
- 1 teaspoon ground thyme
- 1/4 teaspoon ground black pepper
- 4 cups cooked brown rice
- 1 cup unsalted chopped pecans

- 1 Tablespoon pure maple syrup

Directions

1. Preheat oven to 400 and line a large baking sheet with parchment paper.
2. To a large bowl, add butternut squash, sweet potato, brussels sprouts, red onion, chicken sausage, olive oil, garlic, thyme, and black pepper. Stir to combine then pour onto prepared baking sheet. Roast for 30 minutes.
3. In a small bowl or mason jar, combine ingredients for dressing and stir or shake to combine.
4. Build your bowl by topping $\frac{1}{2}$ cup of rice with the vegetable and chicken sausage mixture, pecans, and Dijon dressing.