

BREAKFAST SAUSAGE HASH

By Dr. Cindy Tanzar
(Standard)

Breakfast can be a challenge - if you don't like vegetables in the morning. This recipe not only tastes amazing, but it's a great way to add vegetables to your breakfast routine. Using leftover butternut squash from dinner makes it even easier with a mild, creamy texture that is perfect for even picky eaters (it's similar to a sweet potato!).

THERE ARE TWO OPTIONS. One, uses the Genesis ground turkey sausage recipe. It provides 4 servings – one serving covers your protein, vegetable, ½ fruit and ½ fat for one meal. The other uses AlFresca Italian Chicken Sausage.

There are 3 servings with one serving covering your protein, vegetable, ½ fruit and ½ fat for one meal.



INGREDIENTS

Option #1

- 1 pound [Breakfast Turkey Sausage](#) recipe
- 2 Tbsp avocado or coconut oil
- 1/2 cup onion, diced
- 1/2 Bell pepper, diced (your choice of color)



2 medium-sized Granny Smith apples, cored and small diced
3 cups roasted or sautéed butternut squash, diced
Pink Himalayan salt & black pepper, to taste

For Variety: decrease butternut squash to 2 cups and add 2 cups of raw organic spinach kale

INSTRUCTIONS

Heat large pan over medium-high heat. Add oil. Brown ground sausage on one side, flip, then add in the onion, peppers and apples. Cook until meat is browned. Add in butternut squash, salt and pepper and mix well. Cook until the squash is heated through.

If using spinach or kale, add along with the butternut squash.

INGREDIENTS

Option #2

1-12 oz package AlFresca Italian Chicken Sausage (split the casing and remove the contents)
2 Tbsp avocado or coconut oil
1/2 cup onion, diced
1/2 Bell pepper, diced (your choice of color)
2 small or 1 large Granny Smith apple, cored and small diced
2 cups roasted or sautéed butternut squash, diced
Pink Himalayan salt & black pepper, to taste

INSTRUCTIONS

Heat large pan over medium-high heat. Add oil. Brown ground sausage on one side, flip, then add in the onion, peppers and apples. Cook until meat is browned. Add in butternut squash, salt and pepper and mix well. Cook until the squash is heated through.