

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Bangers and Mash (Paleo-Style)

From "OMG That's Paleo" by Juli Bauer

4 pork sausages (or any type of sausage you like – just make sure it's nitrate and msg-free)
2 yellow onions, peeled and thinly sliced
1 butternut squash, peeled and diced (seeds removed)
2 Tbsp garlic powder
3 Tbsp olive oil
Salt and pepper to taste

1. Preheat oven to 400°F.
2. Place the diced butternut squash in a 9x13 glass baking dish, pour 2 Tbsp of olive oil over the squash then sprinkle with 1 Tbsp garlic powder on top along with a bit of salt and pepper. Use your hands or a large spoon to mix the oil with the squash.
3. Bake for 35-40 minutes.
4. Once you get the squash in the oven, pull out another large baking dish.
5. Place the sausages and sliced onions in the baking dish and pour 2 Tbsp of olive oil on top then sprinkle garlic powder, salt and pepper on top.
6. When the squash has about 20 minutes left to cook, put the sausage and onion baking dish into the oven next to the squash and cook for 20 minutes, or until cooked through.
7. Once the two dishes are done baking, place the butternut squash in a food processor to puree, or mash with a fork.
8. Place the pureed squash mash in a bowl, top it off with the sausages and caramelized onions.