



Chicken Sausage, Butternut Squash and Kale Hand Pies

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Makes 12 servings

Award-winning - This recipe received Silver in the 2023 National Association of College and University Food Services Nutrition Awards - Local category.

Support Local! Below we note the local businesses we supported for this recipe.

Ingredients

- 2 tablespoons olive oil, divided
- 1/2 cup onion, diced (*UConn Spring Valley Farm*)
- 2 garlic cloves, minced (*UConn Spring Valley Farm*)
- 1 lb chicken sausage, casing removed (*Longhini Sausage Company, New Haven, CT*)
- 1 tablespoon butter
- 3/4 lb butternut squash, peeled, cored, deseeded, and diced (*Baggott Family Farm, East Windsor*)
- 1 honeycrisp apple, cored and diced (*Blue Hills Orchard, Wallingford*)
- 1 tablespoon honey (*UConn Apiaries*)
- 1 teaspoon thyme leaves, minced
- 1/2 teaspoon crushed red pepper
- 1 packed cups kale, stemmed and chiffonade (*UConn Spring Valley Farm*)
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 1/2 cups ricotta cheese (*Calabro, East Haven, CT*)
- 2 lemons
- 12 (5-6-inch) pie or pizza dough circles (*UConn Bakery*)
- 1 egg (*Hillandale Farm, Lebanon, CT*)
- 2 teaspoons water
- 1/4 cup Parmesan cheese (*Calabro, East Haven, CT*)

recipe continued on pg 2

recipe continued

Preparation

1. In a large skillet, heat 1 tablespoon olive oil over medium-high heat.
2. Add onion, garlic and sausage, cooking until browned 6-7 minutes.
3. Remove sausage mixture from skillet and set aside in large bowl.
4. Add 1 tablespoon oil, and 1 tablespoons butter to pan.
5. Add squash and cook 5 minutes before adding apples, honey, thyme and red pepper, cooking another 5 minutes.
6. Add kale, salt and pepper, cooking until kale is wilted.
7. Add mixture to bowl with sausage and mix until blended, seasoning to taste with salt and pepper.
8. In medium bowl whisk together ricotta cheese, with zest and juice from lemons.
9. Preheat oven to 375 degrees and place parchment paper on sheet pans.
10. Place dough discs on prepared sheet pans and smear half dough circle with 2 tablespoon lemon ricotta cheese, then top with 2oz (1/4 cup) sausage filling.
11. Fold one side of the dough onto the other forming a half moon and press firmly to seal or use tines of fork.
12. Whisk together the egg and water, then using a brush, egg wash the hand pies.
13. Using scissors, cut a 1-inch vent into the top of pies and sprinkle with about a ¼ teaspoon parmesan cheese.
14. Bake until golden brown about 12-15 minutes.