

Chicken Sausage, Butternut Squash and Kale Hand Pies

2023 Award-Winning Local Foods Recipe - National Association of College & University Food Services

Support Local! Below we note the local businesses that we obtained our ingredients from.

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

Makes 12 servings

Ingredients

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

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 1/4 teaspoon parmesan cheese.
14. Bake until golden brown about 12-15 minutes.