Low-Carb Pumpkin, Chorizo & Feta Bake

Hands-on 15 minutes Overall 35 minutes

Nutritional values (per serving): Total carbs: 14.8 g, Fiber: 2.2 g, **Net carbs: 12.6 g**, Protein: 20.2 g, Fat: 42 g, Calories: 510 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 6 servings)

900 g pumpkin such as delicata *or* hokkaido, sliced (1 1/2 lb)

1/4 cup melted ghee *or* duck fat (60 ml/ 2 fl oz)

1/2 tsp dried rosemary *or* 1/2 tbsp chopped fresh rosemary

salt and pepper, to taste

400 g gluten-free Italian-style sausage, sliced (14.2 oz)

200 g Mexican chorizo sausage, sliced (7.1 oz) - *you can substitute it with Spanish chorizo*

1 cup crumbled feta cheese (150 g/ 5.3 oz)

Instructions

1. Preheat the oven to 200 °C/ 400 °F. Use the tip of a chef's knife to break through the skin in the middle part and push the blade down until cut through. Using a spoon, scoop out the seeds. If you're using delicata or hokkaido, they won't require peeling.
2. Cut the pumpkin into about 1 cm (1/2 inch) slices and place on a baking sheet. Drizzle the ghee all over the pumpkin slices. Sprinkle with rosemary and season with salt and pepper. Place the pumpkin in the oven and bake for about 10 minutes. Mix half way through using a spatula.
3. Slice the sausages.
4. After 10 minutes, add the sausages to the tray. Place back in the oven and bake for 10 minutes.
5. Remove from the oven and add the crumbled feta. Place back in the oven for another 5 minutes.
6. When done, remove from the oven and place on a cooling rack for 5 minutes before serving. Serve or let it cool down and store in the fridge for up to 4 days.

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