

Sweet Potato & Sausage Hash

6 ingredients · 30 minutes · 2 servings



Directions

1. Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
2. In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
3. Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

Notes

Prep Ahead

Cook the sweet potato in advance to save time.

No Kale

Use another hearty green such as dandelion or shaved brussels sprouts.

No Pork

Use turkey sausage, chicken sausage or ground meat instead.

Vegans & Vegetarians

Use lentils instead of sausage.

Ingredients

- 6 ozs Pork Sausage (casings removed)
- 1 Sweet Potato (medium, diced into cubes)
- 3 cups Kale Leaves (chopped)
- 1 Apple (medium, diced)
- 1/8 tsp Cinnamon
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	428	Cholesterol	49mg
Fat	25g	Sodium	1189mg
Carbs	37g	Vitamin A	19084IU
Fiber	7g	Vitamin C	19mg
Sugar	12g	Calcium	157mg
Protein	14g	Iron	3mg