

# Sausage & Sauerkraut Skillet

7 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge up to three days.

### Vegan and Vegetarian

Skip the sausage and use cooked lentils instead.

### No Swiss Chard

Use kale or spinach instead.

## Ingredients

- 10 ozs Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups Sauerkraut (liquid drained off)

## Nutrition

Amount per serving

<b>Calories</b>	265	Vitamin C	26mg
<b>Fat</b>	14g	Calcium	129mg
Saturated	6g	Iron	6mg
<b>Carbs</b>	26g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.3mg
Sugar	15g	Folate	29µg
<b>Protein</b>	12g	Vitamin B12	1.1µg
Cholesterol	85mg	Magnesium	53mg
Sodium	1281mg	Zinc	2mg
Potassium	575mg	Selenium	15µg
Vitamin A	2264IU		