

Sausage, Smashed Sweets & Apples

Serves 4

4 sweet potatoes
2 TBSP unsalted butter
¼ cup half and half
2–3 sprigs fresh thyme (or 1–2 teaspoons dried, rubbed thyme)
2 TBSP olive oil
1 onion, peeled and sliced
5 apples (granny smith, any tart apple), sliced
12 ounces smoked sausage or kielbasa, sliced into 1/2-inch rounds
8 cups baby spinach
Kosher salt and freshly ground black pepper, to taste

Preheat oven to 350°.

Cut sweet potatoes in half lengthwise. Brush cut side with a little olive oil and place cut side down on a parchment-lined baking sheet. Bake for 45 minutes or until fork-tender. Remove and discard skins. In a medium bowl, mash cooked potato pulp with a fork or potato masher. Add butter and half and half and stir until just mixed. Season with salt, pepper, and fresh thyme. Set aside and keep warm.

Heat 2 TBSP olive oil in a large skillet over medium-high heat. Add onion and cook, stirring frequently until translucent. Season with salt and pepper. Remove to a bowl. Add apple slices to skillet and cook until slightly softened, but still crisp. Add to bowl with onions. Add sausage and cook until heated through. Add to bowl with onions. Add spinach and cook until just wilted. Season with salt and pepper. Add to sausage-onion-apple mixture and stir to combine. Serve with smashed sweet potatoes.

Nutrition Information Calories 673.5; Fat 37.9 g; Saturated Fat 13.8 g; Sodium 928.1 mg; Fiber 12.5 g; Sugars 37.3 g; Added Sugars 1.9 g; Protein 16.9 g