

DUTCH KALE WITH POTATOES & SAUSAGE

NAME OF DISH

INGREDIENTS

- * 1 lb. fresh kale water to cover; drained some
- * 3 medium-size baking potatoes, peeled, scrubbed and cut into 1-inch cubes
- * 1 lb. fresh link sausage
- * 1 medium-size onion, chopped
- * 1 cup milk
- * 1 teaspoon salt
- * 1/8 teaspoon black pepper; pinch of tarragon
- * Optional: add balsamic vinegar

Total: 1 hour
Yield: 6 servings



INSTRUCTIONS

Step 1– Wash kale and trim away tough ends and heavy ribs. Chop coarsely and cook in water to cover for 15 minutes.

Step 2 - Add potatoes and cook 15 to 20 minutes longer or until kale and potatoes are tender. Meanwhile, cut sausage into 1/2 inch slices and fry in heavy skillet until tender and nicely browned.

Step 3 - Add onion and sauté a few minutes longer. Discard and remaining fat.

Step 4 - Add milk, stirring pan to incorporate any of the brown juices from sausage, then add kale and potatoes. Cover and simmer for 5 minutes. Add salt, pepper and tarragon to taste and serve.

RECIPE COURTESY OF RODALE'S NATURALLY GREAT FOODS COOKBOOK

VISIT BCOC.ORG FOR MORE RECIPES!