



## NSK Sausage & Sauerkraut Skillet

4 servings  
40 minutes

### Ingredients

10 ozs Organic Sausage (about 4 links)  
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)  
1/2 tsp Sea Salt

### Directions

- 1 Preheat oven to 350. 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, apple and salt. 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

**Make It Veggie,** Skip the sausage and use cooked lentils instead.

**No Swiss Chard,** Use kale or spinach instead.

**Save Time,** Use pre-cooked organic sausage of any kind and skip the oven cooking, just slice and toss it right into the skillet to warm through.

**Prep Hacks,** Dice onion. Dice apple. Mince garlic. Wash and chop swiss chard.

**Foods that Heal,** The phytonutrients in apples help to keep your arteries clear. An apple a day!