

3-INGREDIENT SWEET POTATO, BRUSSELS SPROUT AND CHICKEN SAUSAGE HASH

Preparation: 5 minutes | Cooking: 15 minutes | Servings: 2

INGREDIENTS

*10-ounce bag of shaved Brussels sprouts
2 precooked apple-flavored chicken sausages
2 cups sweet potatoes, peeled and cubed
3 teaspoons olive oil, divided*



INSTRUCTIONS

Place your sweet potatoes in a microwave-safe bowl and add 1/4 inch of water to the bowl. Cover the bowl tightly with plastic wrap and microwave on high for 3 minutes until the sweet potatoes become tender to the touch with a fork. After you are done microwaving, drain the water. Dice your sausages. Heat 1 teaspoon of oil in a large nonstick skillet over medium heat. Add your sausage to the skillet; cook for 3 minutes, stirring until cooked through and golden brown. Remove the sausage and place it on a plate. Heat your remaining 2 teaspoons of oil in the pan over medium heat. Add your Brussels sprouts and cook for 3 minutes, stirring regularly. Add your sweet potatoes and sausage, stirring to combine. Season to your taste with salt, pepper or other desired seasonings