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I love a stuffed baked potato, but this week with Coleman's Brat Hans brand organic chicken-apple sausage at 50% off at Whole Foods, I'm planning on a stuffed sweet potato some night later this week.

Stuffed Sweet Potato

Serves 1 (but easy to double, triple, quadruple)

1 apple-chicken sausage, bias sliced into thin rounds
1 medium sweet potato (Diane yam recommended)
½ Gala or Fuji apple, peeled, cut into roughly ½" cubes
¼ to ½ c sliced sweet onion
1 Tbsp extra virgin olive oil
1 tsp butter
Salt and pepper to taste

1. Bake or microwave your sweet potato (I microwave a sweet potato by piercing it all over with a fork and microwaving on high for 5 to 8 minutes—depending on its thickness). If baking, then it's 45 minutes in a 400°F oven.
2. Preheat a medium skillet or medium heat. Add the olive oil and butter to melt.
3. Add the onions and apples and stir to coat. Sauté, stirring occasionally, for about 5 minutes, or until the apples are just beginning to soften.
4. Add sausage rounds and continue to cook until apples are tender. Remove from the heat and taste—add salt and pepper as desired.
5. Cut open cooked sweet potato and use a fork to fluff the insides. Top with the sausage mixture and enjoy.

A green salad is an excellent accompaniment. How about a simple balsamic vinaigrette? 1 Tbsp balsamic vinegar, 1 Tbsp extra-virgin olive oil, 1 tsp agave nectar or ½ tsp sugar (optional), a pinch or two of dry mustard and salt and pepper to taste (and a dash of water if dressing is too intense or a bit oily).

Suggestions for leftover sausage: grill for breakfast—great with eggs or slice on top of a waffle with some maple syrup. You can also slice and sauté with onions, carrots, red bell pepper and pineapple with a sweet-and-sour sauce made of ketchup, brown sugar and some cornstarch for thickening—serve over brown rice.

Shopping List: chicken-apple sausage, gala apple, sweet onion, sweet potato (Diane yam)

Equipment Needed: skillet, cutting board and chef's knife, spatula,

Pantry Staples: extra-virgin olive oil, butter, salt and pepper (if making salad—balsamic vinegar, lettuce, dry mustard, agave nectar or sugar