

Sauage - Sweet Potatoe – Kale - Farro

Ingredients:

Your favorite sausage: serving size for household(we go chorizo, sometimes mild Italian)

Sweet potatoe

Kale- bag of chopped

Farro

1. Pre-heat oven to 425
2. Dice sweet potatoes (however many you think for your family), put in mixing bowl, drizzle with olive oil, salt, pepper, and any other spices you like (garlic is a fav in our house). Put on baking sheet
3. If using sausage links, poke holes and put on baking sheet next to potatoes
4. Prepare farro to package directions (it usually takes about 20 minutes for a cup of farro)
5. Put sweet potatoes and sausage in the oven for 20 minutes
6. While sweet potatoes/sausage are cooking (or even before), into bowl, take bagged chopped kale and drizzle with olive oil, salt and pepper. Mix to coat.
7. Pull the sweet potatoes/sausage out of the oven and pour kale over the top. Put back in the oven for 10-15 minutes.

Everything should be done about the same time. We serve everything in a bowl together. Sometimes we top with feta, but not necessary.