



LENTIL SAUSAGE BAKE

Ingredients

- 1 1/2 cup uncooked lentils
- 1 medium sweet potato
- 1 T. vegetable oil
- 1 lb bulk breakfast sausage
- 1 medium onion, diced
- 1/2 t. dried thyme
- 1/4 t. crushed, dried rosemary
- 1/4 t. garlic powder
- Salt, to taste
- 2 cups chopped kale



Directions:

Rinse the lentils and cook according to package directions. When they are finished cooking, strain the lentils through a fine-meshed strainer and rinse. Set aside.

Wash and peel the sweet potato. Chop the sweet potato into 1/2 inch pieces and spread on a baking sheet. Drizzle with the oil and toss to coat. Bake at 350° F for 35 minutes or until the potatoes are cooked through. Set aside.

Cook the breakfast sausage in a large skillet over medium low heat, breaking it into small bite-sized pieces as it cooks. Cook the sausage until it is heated through and the pieces are no longer pink in the middle. Turn up the heat to medium and add the chopped onion. Cook the onion until it begins to turn translucent, about 7 minutes. The sausage should be turning crispy brown by this point. Add the thyme, rosemary, garlic powder, and salt. Add the kale and stir into the mixture. Cook another 3 minutes until the kale begins to soften.

Stir in the lentils and sweet potato. Transfer the mixture to a large baking dish. Bake in a pre-heated oven at 350° F for 15 minutes until the top begins to just turn brown.

Serve immediately. Serves 4-6.