

# Sweet Potato Sausage Casserole

Publix Aprons  
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## Servings: 8

*cooking spray*  
*1 1/2 pounds (2-3) (4 cups) fresh sweet potatoes*  
*1 bunch (3 cups) fresh kale, finely chopped*  
*16 ounces Mild Italian chicken sausages*  
*2 tablespoons olive oil*  
*3 ounces (1-1/2 cups) Imported Swiss Gruyere cheese*  
*1 1/2 cups stuffing mix (for turkey or chicken)*  
*2 cups reduced-sodium chicken broth, divided*  
*1 jar (15 ounce) classic garlic Alfredo sauce*  
*1/4 teaspoon ground nutmeg*

## Preparation Time: 25 minutes

Preheat the oven to 350 degrees.

Coat a nine-inch-square baking dish with spray. Peel the sweet potatoes. Cut into 1/2-inch cubes. Chop the kale. Remove the sausage casings. (Cut the sausages almost in half lengthwise (butterfly). Turn the sausage over and peel the casing away.). Wash your hands.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place the oil in the pan. Add the sweet potatoes. Cook for 3 to 4 minutes or until light brown, stirring occasionally. Transfer the sweet potatoes to a large bowl.

Add the sausage to the same pan. Brown for 4 to 5 minutes, stirring to crumble the meat, or until no pink remains. Meanwhile, shred the cheese. Stir the sausage, stuffing mix, kale and one cup of the broth into the potatoes. Transfer to the baking dish.

In a bowl, combine the Alfredo sauce, remaining broth, nutmeg and one cup of the cheese. Pour the sauce over the sweet potato mixture. Top with the remaining one-half cup of cheese.

Bake for 25 to 30 minutes or until the sauce is bubbly and the potatoes are tender when pierced with a fork.

Serve.

Start to Finish Time: 1 hour

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Per Serving (excluding unknown items): 30 Calories; 3g Fat (99.5% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	30	Vitamin B6 (mg):	trace
% Calories from Fat:	99.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.1%	Riboflavin B2 (mg):	0mg
Total Fat (g):	3g	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	0.0%
Carbohydrate (g):	trace		
Dietary Fiber (g):	trace		
Protein (g):	trace		
Sodium (mg):	trace		
Potassium (mg):	trace		
Calcium (mg):	trace		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	trace		
Vitamin A (r.e.):	0RE		

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

Calories 30      Calories from Fat: 30

### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		0%
<b>Iron</b>		0%

\* Percent Daily Values are based on a 2000 calorie diet.