

Chicken Sausage Patties. Roasted Sweet Potato.

Serves 2

Cabbage Salad.

Prep Time: 30-35 minutes

This simple fall meal comes together in about 30 minutes. It's hearty and filling, and will please even the pickiest eaters in your house.

Shopping List:

Produce

6 oz cabbage, green or purple
1 medium sweet potato
2 sprigs rosemary

Grocery

½ tsp fennel seed
½ tsp dried sage
¼ tsp ground mustard
1 tbsp apple cider vinegar
olive oil

Refrigerated

½ lb ground chicken *

Recipe:

6 oz green or purple cabbage, thinly sliced
1 tbsp apple cider vinegar
¼ tsp ground mustard
1 medium sweet potato
2 sprigs rosemary
½ lb ground chicken
½ tsp fennel seed, cracked using a mortar & pestle
½ tsp dried sage

1. Preheat oven to 425. While oven is preheating, combine vinegar, and ground mustard with a good drizzle of olive oil. Whisk or mix with a fork to combine. Add sliced cabbage, toss well, and set aside.
2. Cut sweet potato in half lengthwise, and then cut crosswise into ½-inch slices. On a baking sheet, toss the sweet potatoes with olive oil, salt & pepper. Top with whole sprigs of rosemary, and roast 20 minutes.
3. While potatoes are roasting, combine ground chicken with fennel and sage, and season well with salt & pepper. Form 2 patties from the mixture.
4. When 10 minutes are left on the sweet potato timer, get ready to cook the patties. Add a small amount of oil to a nonstick skillet, over med-low heat. When pan is hot, add chicken patties, and cook about 5 minutes per side, or until firm. You may need to adjust stove temperature if they are browning too quickly. Check for doneness by cutting into one of the patties. Continue cooking if needed.
5. Taste the cabbage salad and add salt & pepper if needed. Serve the salad and roasted sweet potatoes alongside the chicken patties.

Cooks Tips:

- Using dark meat ground chicken here will help keep chicken patties moist and improve flavor.
- Most sausage you can purchase at the grocery store has sugar added. So, we're making our own seasoned ground chicken in this recipe.