



Visit www.thecreativefeast.com for more recipes and cooking fun.

Smoked Sausage, Kale and Delicata Squash

Serves 4

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

- 12 oz smoked sausages, sliced into 2-inch pieces
- 1 bunch kale, leaves removed from spines and ripped into large pieces
- 2 small delicata squash, cut in half lengthwise, sliced into ½-inch thick slices
- ½ cup water mixed with 2 tsp salt

Equipment for class

- Cutting board
- Chef's knife
- 8-quart stock pot

Smoked Sausage, Kale and Delicata Squash

Serves 2-4

12 oz smoked sausages, sliced into 2-inch pieces
1 bunch kale, leaves removed from spines and ripped into large pieces
2 small delicata squash, cut in half lengthwise, sliced into ½-inch thick slices
½ cup water mixed with 2 tsp salt

Place all ingredients into an 8-quart stock pot over medium-high heat. Cover and cook over medium heat for 8 minutes. Season with salt and pepper to taste. Divide between plates and serve.

Alternatives: Green cabbage or any other hardy green can be used instead of kale.

You can add additional vegetables such as sliced onions, garlic, and small butternut squash cubes to the pot. Choose vegetables that won't overcook in 8 minutes.