



# Sausage and Quinoa One-Pot Supper

**Serves 4**

A twist on common quinoa dishes, here the good-for-you grain is cooked in cider with smoked sausage, dried cranberries and hearty greens.



## Ingredients:

- 12 ounces fresh or smoked sausage, cut into (1/2 inch) cubes
- 1 yellow onion, chopped
- 2 tablespoons chopped sage
- 1 cup apple or pear hard cider
- 1 cup quinoa, rinsed and drained
- 1/2 cup dried cranberries
- 1 teaspoon fine sea salt
- 2 cups chopped kale or spinach leaves, lightly packed

## Method:

In a large pot, cook sausage, onions and sage over medium-high heat until just browned, about 10 minutes. Add cider, quinoa, cranberries, salt and 3/4 cup water and bring to a boil, scraping up any browned bits. Cover, reduce heat to medium-low and simmer until liquid is just absorbed, 25 to 30 minutes. Stir in kale, cover again and set aside off of the heat for 5 minutes. Uncover, fluff with a fork and serve.

## Nutritional Info:

Per Serving:400 calories (100 from fat), 11g total fat, 2.5g saturated fat, 55mg cholesterol, 1370mg sodium, 55g carbohydrate (5g dietary fiber, 21g sugar), 20g protein