



KALE STEM SWEET POTATO HASH

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INGREDIENTS

- 2 large sweet potatoes
- 1 yellow onion, quartered
- ½ bunch Tuscan kale (stems and all), cut into 4" pieces
- ½ pound sweet Italian sausage, casing removed
- 3 tablespoon grapeseed oil (or neutral oil), divided
- 2 teaspoons maple syrup
- 1 teaspoon sweet paprika
- 1½ teaspoon smoked paprika
- 1½ teaspoon ground cumin
- ½ teaspoon garlic powder
- 1 teaspoon chopped rosemary
- Kosher salt and freshly ground black pepper
- Fried egg (*optional*)

SCRAP: KALE STEMS

DIRECTIONS

Fit your KitchenAid® 7-Cup Food Processor with the medium shredding disc. Cut sweet potatoes lengthwise to fit into the feed tube. With the help of the pusher, shred potatoes. Place potatoes in between paper towel or a kitchen towel and press out as much liquid as possible. Shred onions, set aside. Remove the shredding disc and attach the multi-purpose blade. Add kale to work bowl and pulse until finely chopped.

In a large nonstick skillet, cook sausage with a splash of water over **high heat** until browned, using a wooden spoon to break up large pieces, about 3 minutes. Transfer sausage to a large bowl.

Reduce the heat to medium-high and add 1 tablespoon oil. Add onions and cook for about 3 minutes. Add kale, a pinch of salt and pepper and cook for another 3 minutes. Transfer to the bowl with the sausage.

In the same pan, add remaining 2 tablespoons oil, potatoes, maple syrup, sweet and smoked paprika, cumin, garlic powder and rosemary. Cook for about 4 minutes, stirring frequently, until potatoes are tender and golden brown. Add the reserved kale and sausage. Season with salt and pepper.

Enjoy hash by itself or topped with a fried egg.

MAKES 4-6 SERVINGS