

Brussels Sprouts and Apple Hash

Ingredients

- 1 tablespoon olive oil
- 1 small onion, for about 1/2 cup chopped onion
- 1 kielbasa (turkey kielbasa is okay)
- 1 1/2 to 2 cups thinly sliced brussels sprouts
- 1 large apple, (Empire, Jonagold, Daybreak Fuji, and other crisp, sweet varieties work well. Avoid Red Delicious.)
- 1 teaspoon caraway seeds
- 1 tablespoon brown sugar
- 1 tablespoon Dijon mustard
- 1 tablespoon apple cider vinegar

Instructions

1. Trim and thinly slice the brussels sprouts, discarding any yellow outer leaves. Peel and chop the onion and the apple. Slice the kielbasa into 1/4-inch to 1/2-inch thick rounds.
2. Heat oil in a large skillet over medium heat. Sauté onion until translucent, about 2 to 3 minutes.
3. Add brussels sprouts, sausage, apple, and caraway seeds. Cook until the sausages are lightly browned and the apples are slightly soft, about 8 to 10 minutes, stirring occasionally to make sure nothing is sticking.
4. While the brussels sprouts, apples, and sausage slices are cooking, whisk together the brown sugar, Dijon mustard, and cider vinegar.
5. Add the vinegar mixture to the pan and cook, stirring constantly, 2 to 3 minutes until the sauce is evenly distributed and warm throughout.
6. Serve as a one-dish meal or as a hearty side dish.