



Italian Skillet Supper

directions

1. Prick the skins of the sausages with a fork. Brown sausages in a cast iron skillet until browned all over and cooked throughout. Remove from skillet to drain on paper towels.
2. Wipe skillet out with paper towels and add 2 tablespoons olive oil. Turn heat to medium high. Add apples, cut side down and cooked until slightly caramelized and brown.
3. Add sausages back into the skillet with the apples. Turn heat to medium and add white wine or apple juice and the vinegar. Bring to a low boil, then turn to simmer allowing juices to reduce by half.
4. Add greens to the skillet and cook just until they are wilted. Season with salt and pepper. Serve hot with pan juices.

notes

The sausages and apples all cooked together is a wonderful combo and make a good, simple and quick weeknight supper. This recipe is easy to adjust for 2 people or more.

A crusty baguette is a good addition to use to “sop” up the juices.

Pricking the skin of the sausages helps them to not curl up too much and keeps the casings from “bursting,” allowing the steam to escape.

to serve

Serve hot with pan juices.



2 - 4

servings

15 min

prep time

30 min

cook time

ingredients

- 4 to 8 Swaggerty's Farm Hot or Mild Italian Dinner Sausages
- 2 tablespoons olive oil
- 4 to 8 small crisp apples, such as fuji, cut in half and cored
- 1/2 cup dry white wine or apple juice
- 2 tablespoons white wine vinegar or white balsamic vinegar
- 3 cups baby spinach leaves, packed
- 1 bunch of watercress or 1 cup arugula leaves
- Sea salt and freshly ground black pepper

Pairs well with: Crusty baguette

Special Kitchen Tools: Cast iron skillet