 **Kale, Sausage, Sweet Potato Casserole**

*Serves 6*

**Ingredients**

2 tsp Olive oil

2 cloves garlic

1 lb Turkey or chicken sausage, cut into slices

2 cups chopped kale

1 sweet potato, chopped

4 parsnips

1 cup mushrooms

¾ cup gruyere cheese, shredded

¼ cup parmesan cheese, shredded

2 cups Chicken or vegetable broth

¾ cup milk

¼ cup flour

**Directions**

1. Preheat oven to 350 degrees.
2. Prep veggies: Chop the sweet potato and parsnip into small cubes. Slice the sausage into small rounds. Roughly chop the kale.
3. In a large pan, heat 2 tsp olive oil over medium-high heat. Add the garlic, potatoes, parsnip, and sausage. Cook until the potatoes and parsnips are tender and start to brown and the sausage is cooked through and browned, about 15 minutes. Add mushrooms about 5 minutes before its done cooking, around 10 minutes. Remove from heat and toss with kale.
4. Bring 2 cups of broth and ½ cup of milk to a low boil and then reduce to simmer. Whisk ¼ cup milk and ¼ cup flour and add to broth/milk mixture. Whisk together until fully combined. Add ¼ cup shredded gruyere and whisk until completely melted. Remove from heat.
5. Lay potato/sausage mixture into a 13x9” casserole dish. Pour sauce evenly over top. Sprinkle remaining gruyere and parmesan cheese over top.
6. Cook for about 10 minutes, until cheese is completely melted and sauce starts to bubble.

**Nutrition**

*360 cals, 15g C, 28g P, 18g F*