
Golden Potato-and-Smoked Sausage Hash

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 35 minutes

Start to Finish Time: 1 hour

1 pound baby golden potatoes, each cut into eight pieces

1/4 cup Kosher salt

1 pound smoked sausage, sliced

1 medium sweet onion, thinly sliced

2 tablespoons red wine vinegar

3 cups arugula

1/4 cup shaved Parmesan cheese

Place the potatoes, salt and water (to cover) into a medium saucepan. Bring to a boil over high heat. Reduce the heat to medium-low. Simmer until tender when pierced, 10 minutes. Drain. Place the potatoes in a single layer on a baking sheet. Cool completely, about 15 minutes.

Meanwhile, cook the sausage for 10 minutes in a large skillet over medium-high heat until browned, about 10 minutes. Remove with a slotted spoon. Drain on paper towels, reserving the drippings in the skillet.

Cook the potatoes in the hot drippings over medium heat, stirring occasionally, until the potatoes are brown and crisp, about 10 minutes. Add the onions and cook, stirring occasionally, until tender, 10 minutes. Add the red wine vinegar and cook for 30 seconds.

Stir in the sausage and arugula. Cook, stirring until the arugula is wilted, about 5 minutes. Top the servings with Parmesan cheese.

Breakfast

Per Serving (excluding unknown items): 264 Calories; 23g Fat (78.8% calories from fat); 11g Protein; 3g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 4478mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates.