



Chicken Sausage with Potatoes and Sauerkraut

- 1 Tbsp extra-virgin olive oil
- 12 ounces (4 links) cooked chicken sausage, halved lengthwise and cut into 2- to 3- inch pieces
- 1 medium onion, thinly sliced
- 3 medium Yukon Gold potatoes, halved and cut into 1/4-inch slices
- 1 ½ cups sauerkraut, rinsed
- 1 ½ cups dry white wine
- ½ tsp freshly ground pepper
- ¼ tsp caraway seeds
- 1 bay leaf

Heat oil in a large skillet over medium heat. Add sausage and onion and cook, stirring frequently, until beginning to brown, about 4 minutes. Add potatoes, sauerkraut, wine, pepper, caraway seeds and bay leaf; bring to a simmer. Cover and cook, stirring occasionally, until the potatoes are tender and most of the liquid has evaporated, 10 to 15 minutes. Remove the bay leaf before serving.

Nutritional Analysis

Calories	295
Fat	9g
Saturated Fat	1g
Monounsaturated Fat	3g
Cholesterol	60mg
Sodium	554mg
Carbohydrates	24g
Fiber	4g
Protein	14g
Potassium	545mg

Diabetic Exchanges:

Starches	1
Vegetable	1
Lean meat	1 ½
Fat	1