

Sausage With Chard and Rhubarb

Source: cooking.nytimes.com

Cook Total
25 min 25 min

Yield: 2 servings

Serving: 2

This quick sausage dish is perfect for spring. The dark green chard adds freshness, while the rhubarb lends a citrus-like sour note that cuts through the richness of the sausages. If you don't have any mustard seeds on hand, leave them out. While they do add a pleasant heat and gentle crunch, you won't miss them if you didn't know they were supposed to be there. Use any kind of sausage you like here: pork, duck, lamb or turkey all work well with the rhubarb and greens.

173 mg Calcium, 216 mg Magnesium, 1422 mg Potassium, 6 mg Iron, 295 mg Phosphorus, 726 mg Vitamin A, 74 mg Vitamin C, a wealth of B1, B2, B3, B6 and B12, loads of Vitamin K + letein and zeaxanthin!

Ingredients

2 tablespoons extra-virgin olive oil

$\frac{1}{2}$ pound hot Italian sausage (pork or turkey)

1 shallot finely chopped

1 $\frac{1}{2}$ teaspoons mustard seeds

2 garlic cloves finely chopped

$\frac{1}{2}$ cup thinly sliced rhubarb

1 pound white Swiss chard or red, center ribs removed and leaves chopped

Fine sea salt and freshly ground pepper as needed

Directions

In a large skillet over medium-high heat, warm oil. Prick sausages with a fork and place in skillet. Cook, turning occasionally, until browned all over and cooked through, about 10 minutes. Transfer sausages to a plate.

Add shallots to oil and reduce heat to medium. Cook until tender, about 5 minutes. Stir in mustard seeds and garlic; cook 1 minute. Add rhubarb and greens, a handful at a time, and a large pinch of salt. Cook until the greens wilt and become tender, about 10 minutes. Season with more salt and pepper. Serve sausages on top of greens.

