

## Sausage and Sauerkraut Casserole

*Each year, in Western Cooke County, two High Schools go head to head on the field in an intense rivalry in what is known as the Kraut Bowl. What is interesting is that it is not uncommon for these athletes to be related, which I'm sure makes for some interesting dinnertime conversation when families come together.*

4 teaspoons extra-virgin olive oil, divided  
1 large onion, sliced  
1 1/2 teaspoons caraway or fennel seeds  
1 large sweet-tart apple, such as Braeburn, chopped  
1 cup dry white wine  
10 ounces turkey kielbasa, cut into 1/2-inch slices  
2 1/2 cups drained sauerkraut, rinsed  
3 tablespoons cider vinegar  
1 tablespoon spicy brown mustard  
1/4 teaspoon freshly ground pepper  
2 large potatoes (about 1 1/2 pounds), thinly sliced  
1 tablespoon butter, melted  
1/4 teaspoon salt

Nutrition Facts	
Serving Size 1 cups (11g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 273	Calories from Fat 63
% Daily Values*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 26mg	<b>9%</b>
<b>Sodium</b> 675mg	<b>28%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 0g	
<b>Protein</b> 9g	<b>18%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

Preheat oven to 400°F.

Heat 2 teaspoons oil in a large skillet over medium heat. Add onion and cook, stirring, until beginning to brown, about 5 minutes. Stir in caraway (or fennel) seeds and cook until fragrant, about 30 seconds. Add apple and wine; increase heat to medium-high and cook, stirring, until most of the wine has evaporated, about 5 minutes. Stir in sausage, sauerkraut, vinegar, mustard and pepper. Transfer to a 9-by-13-inch (or similar 3-quart) baking dish.

Toss potato slices with the remaining 2 teaspoons oil, butter and salt in a bowl until coated. Cover the sauerkraut mixture with tightly overlapping potato slices.

Bake the casserole until the potato edges start to get crispy, 50 minutes to 1 hour. Cool for 10 minutes before serving.

Source: [www.eatingwell.com](http://www.eatingwell.com)

Has there ever been a time when you disagreed with someone? What are some ways to be kind and respectful to each other even when you disagree on a topic?

