



WHATSheATE



Sausage with Hominy and Spinach



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 tsp pepper black freshly ground
- ☐ 2 garlic cloves
- ☐ 29 oz hominy rinsed drained canned
- ☐ 1 tablespoon olive oil divided
- ☐ 0.3 teaspoon chile flakes red
- ☐ 0.3 tsp salt
- ☐ 4 sausages (1 lb. total; see Notes)
- ☐ 10 ounce spinach leaves fresh

☐ 0.5 cup vegetable broth dry white divided

Equipment

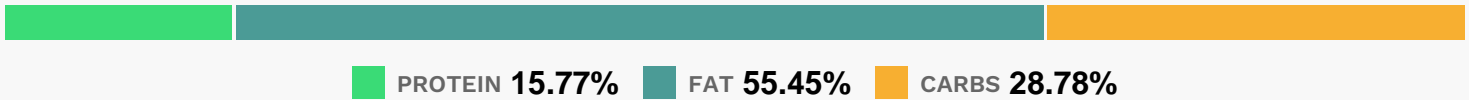
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stove
- ☐ spatula
- ☐ tongs

Directions

- ☐ Preheat oven to 20
- ☐ Put a large frying pan (not nonstick) over medium-high heat. When hot to the touch, add 1 tsp. olive oil and sausages. Cover and cook 4 minutes. With tongs or a spatula, turn sausages over, cover, and cook until cooked through (cut one to test), about 4 minutes.
- ☐ Transfer sausages to a rimmed baking sheet, cover with foil, and put in oven to keep warm.
- ☐ Add 1/3 cup wine or broth to the pan, using a wooden spoon or spatula to scrape up any browned bits left by the sausages.
- ☐ Add hominy, 1/4 tsp. salt, and 1/4 tsp. pepper. Cook, stirring occasionally, until all of the liquid has evaporated and hominy is hot and starting to stick to pan.
- ☐ Transfer hominy to baking sheet with sausages, piling it next to them.
- ☐ Add remaining wine or broth to pan, scrape up any browned bits, and pour over hominy. Re-cover baking sheet with foil and return it to oven.
- ☐ Increase stovetop heat to high and add remaining 2 tsp. olive oil, the garlic slivers, chile flakes, and 1/8 tsp. salt to pan. Cook, stirring, until fragrant, about 30 seconds.
- ☐ Add spinach and cook, stirring, until wilted and cooked through. Divide spinach among 4 plates.

- ☐ Add hominy and sausage, plus more salt and pepper to taste.
- ☐ Serve hot.
- ☐ Variations
- ☐ Add cream: Skip step 2 and put hominy in a separate pan with 1 tbsp. butter, 3 tbsp. heavy cream, and salt and freshly ground black pepper to taste. Cook over medium heat, stirring occasionally, until hot, 5 to 7 minutes.
- ☐ Swap greens: Use chard, kale, or other hearty greens in place of the spinach: Bring a large pot of water to a boil, add 10 oz. trimmed greens and 1 tbsp. salt, cook for 2 minutes, drain, and chop greens.
- ☐ Add instead of spinach in step
- ☐ Try beans: Instead of hominy, use cooked white beans, pinto beans, or cranberry beans.
- ☐ Go beyond sausage: We love the intense flavor this dish gets from sausage, but any quick-cooking meat works; try pork chops, chicken breast halves, or hanger steak.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:26.190869580144%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 458kcal (22.9%), Fat: 28.17g (43.33%), Saturated Fat: 8.26g (51.65%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 26.09g (9.49%), Sugar: 4.31g (4.79%), Cholesterol: 61.2mg (20.4%), Sodium: 1570.93mg (68.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Vitamin K: 345.54µg (329.09%), Vitamin A: 6812.09IU (136.24%), Manganese: 0.83mg (41.37%), Folate: 140.5µg (35.13%), Zinc: 4.4mg (29.35%), Fiber: 6.8g (27.22%), Vitamin C: 20.98mg (25.43%), Magnesium: 101.55mg (25.39%), Iron: 4.22mg (23.44%), Vitamin B3: 4.6mg (23.02%), Phosphorus: 224.28mg (22.43%), Vitamin B6: 0.43mg (21.51%), Vitamin B1: 0.3mg (19.91%), Potassium: 634.95mg (18.14%), Vitamin E: 2.26mg (15.05%), Vitamin B2: 0.25mg (14.88%), Vitamin B12: 0.72µg (12.04%), Copper: 0.22mg (10.87%), Calcium: 102.17mg (10.22%), Selenium: 7.12µg (10.17%), Vitamin B5: 0.94mg (9.45%), Vitamin D: 1.11µg (7.37%)