



“It’s a Southern Dinner Wrap” for Two

Sweet potatoes, veggies, meatless or meat links bake in a foil wrap

1/4 teaspoon ground black pepper
1/2 teaspoon salt
1/2 teaspoon Italian seasoning
1 Tablespoon chopped fresh sage
12-ounce sweet potato, peeled, chopped
1 Tablespoon olive oil
1 cup chopped red onions
1 cup chopped wild mushrooms (shiitake, stems removed)
1 cup chopped fresh apple, cored
2 links meatless or favorite meat sausage, halved; sliced
Garnish: chopped parsley leaves as desired

- Preheat oven to 375 degrees F. Lay a piece of heavy-duty aluminum in a large baking pan. (Large enough to cover pan plus hang over about 2 inches.)
- In a small bowl, combine black pepper, salt, Italian seasoning, and sage. Set aside.

- Place chopped sweet potatoes in medium sized bowl; add olive oil; stir to coat. Sprinkle the seasoning over potatoes; toss to coat.
- Spread the sweet potatoes onto the foil in an even layer; layer the red onions, mushrooms, and apples over the top of potatoes.
- Sprinkle the sausage slices on top.
- Place another large piece of aluminum foil on top and seal all of the edges.
- Place the baking pan on the center oven rack; bake at 375 degrees F for 50 to 60 minutes or until potatoes are tender. (Be careful when you unseal the edges of the foil; the steam will be hot.)
- Serve in small casserole dish; sprinkle with chopped parsley leaves.

Yield: serves 2 Prep. Time about 15 minutes

Cook's Note: To serve larger groups, double the recipe and use a larger baking pan. Vary the seasoning as desired.

Recipe Inspired by: Sally Masters; *LOVE* booklet, Bill Penzey

About the Recipe: The recipe serves two and appeals to vegetarians as well as meat lovers. It's a great dinner meal that's so easy to prepare. Just wrap everything in a piece of aluminum foil; seal it securely and bake for about 1 hour. Unwrap the baked entrée and serve with a sprinkle of fresh parsley leaves. It's guaranteed to become one of your favorite dishes to make.