

Seasonal Eating

Chicken Sausage and Summer Vegetable Sauté

Ideas for Using Fresh Produce

1/2 onion, chopped
1 yellow squash, chopped
4 ounces mushrooms, chopped
1 teaspoon Italian seasoning
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1 tablespoon olive oil
2 links Italian style chicken sausage, sliced
2 cloves garlic, minced
2 tablespoons water
1 tomato, chopped
1 tablespoon Italian salad dressing
1 teaspoon balsamic vinegar
1/4 cup grated parmesan cheese
2 tablespoons fresh chopped basil



In a large bowl, toss together the onion, squash, mushrooms, Italian seasoning, salt, pepper, onion powder and garlic powder. Set aside. In a large sauté pan, heat the olive oil over medium high heat. Add the sausage in a single layer and let brown, turning over to brown other side. Remove with a slotted spoon to a bowl. Add the vegetable mixture to the sauté pan and cook over high heat for a minute to brown the vegetables. Reduce heat to medium high and add water and garlic. Let sauté, stirring often, until vegetables are tender, about 8-9 minutes. Add the tomato, salad dressing and balsamic vinegar and stir in the reserved sausage. Cook until heated through, about 1 minute. Garnish with Parmesan cheese and basil.

Serve in a bowl with crusty bread or over cooked pasta.

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Bedford County Farmers Market
bedford.tennessee.edu

(Click on Seasonal Eating under the Family Menu)



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