

SAUSAGE AND PEPPER MEDLEY

Preparation: 10 minutes | Cooking: 25 minutes | Servings: 6

INGREDIENTS

1 pound uncooked turkey sausage
4 medium bell peppers (seeded and cut into thin strips)
1 large onion (thinly sliced and separated into rings)
1 can of no-salt added diced tomatoes (drained)
2 cloves of garlic, minced
1/4 cup Parmesan (shredded)
1 tablespoon olive oil
1 1/2 teaspoon dried Italian seasoning (crushed)
1/4 teaspoon crushed red pepper (optional)



INSTRUCTIONS

Cook your sausage links in a 12-inch nonstick skillet over medium heat for about 5 to 8 minutes or until browned, turning frequently. Reduce your heat to medium-low, cover and cook for about 10 more minutes. Transfer the sausage links to the cutting board and thinly slice them. Set aside your sausage. Add olive oil to the same skillet and increase the heat to medium. Add your garlic and cook for 30 seconds. Add your bell peppers and onions; cook for about 5 minutes or until crisp-tender, stirring occasionally. Add the sausage slices, undrained tomatoes, Italian seasoning, and, if desired, crushed red pepper in your skillet. Bring this mixture to a boil then reduce the heat. Simmer uncovered for about 5 minutes. Once you are ready to serve, make sure to sprinkle on some Parmesan and enjoy!