

---

# SAUSAGE WITH SUMMER VEGETABLES

---

(Gluten-Free, Nut-Free, Egg-Free)

**Yield:** 4 servings    **Total time:** 30 minutes



## D'LISH

---

### Ingredients

- 4 chicken OR turkey sausage links (4 ounces each)
- 1 bell pepper, sliced
- 1 yellow onion, sliced
- 1 yellow summer squash, chopped
- 1 zucchini, chopped
- 2 cups spring mix OR spinach
- 4 cups whole-grain rice, cooked
- 1/4 cup low-fat cheddar cheese, shredded
- 1/2 tsp ground black pepper, garlic powder, paprika, and parsley
- 2 tbsp olive oil
- 1/4 cup hummus
- 1 lemon, zested and squeezed

### Directions

1. Preheat oven to 425°F. Line a baking sheet with foil and coat with nonstick cooking spray.
2. While oven is preheating wash and prep ingredients: Rinse and pat dry bell pepper, summer squash and zucchini. On a cutting board, slice onion and bell pepper. Chop summer squash and zucchini lengthwise into quarters. Place all vegetables in a medium bowl and dress with 1 tbsp olive oil, ground black pepper, garlic powder, paprika and parsley, stir to coat.
3. Spread vegetable mixture evenly onto the lined baking sheet. Bake for 25-30 minutes until tender and lightly charred. Remove from oven and let cool for 2-3 minutes.
4. While vegetables are baking prepare rice in a stockpot according to the package directions. Once cooked cover and let cool.

### Grocery List

- Sausage links
- Bell pepper
- Onion
- Summer squash
- Zucchini
- Spring mix
- Rice
- Shredded cheese
- Seasonings
- Olive oil
- Hummus
- Lemon

### Kitchen Equipment

- Cutting board
- Sharp knife
- Baking sheet
- Stockpot with lid
- Skillet
- Medium bowl
- Microplane
- Spatula
- Measuring cups and spoons
- Serving bowls

5. While waiting for rice heat 1 tbsp of olive oil in a skillet over medium heat. Add the 4-sausage links to the pan and cook for 6-7 minutes, rotating occasionally, until browned on all sides (should be an internal temperature of 165°F). Once cooked remove pan from heat.
6. To serve place brown rice into 4 serving bowls. Top with spring mix, baked vegetables, sausage links, and shredded cheese. Finish with lemon zest, juice and hummus.

Per serving: 443 Calories; Total Fat 10g; Saturated Fat 1g; Sodium 350mg; Total Carbohydrates 66g; Fiber 10g; Protein 16g

### Nutrition Information

- Chicken and turkey sausage are a healthier alternative to beef and pork sausage. Chicken and turkey are leaner sources of protein and contain fewer calories and fat. Reducing your intake of red meat can lower your risk of developing cardiovascular disease due to the decreased intake of saturated fat.
- Baking and roasting are healthy ways to fix your vegetables. These cooking methods can help to develop texture, flavor while preserving the vegetables vitamins, minerals and nutrients. By adding 1-2 tbsp of healthy fat such as olive oil before cooking you can help your body absorb the fat-soluble vitamins and nutrients more easily.
- Whole-grain rice contains the bran and germ, providing more of specific nutrients like fiber, protein, antioxidants, and certain vitamins and minerals. Choosing whole grain over white rice is a healthier option and may even reduce your risk of type 2 diabetes, obesity, and heart disease.