

Recipe

20-minute sausage and zucchini

Ingredients

- 2 medium zucchinis cubed
- 4 fully cooked sausages sliced into circles ¼-inch thick
- 1 onion cut into ¾ inch pieces (close to same size as zucchini)
- ¼ tsp garlic powder
- ½ tsp dried oregano
- ½ tsp dried basil
- Fresh basil for garnish (optional)
- 1 bell pepper any color, cut into ¾-inch pieces (close to same size as zucchini)
- ¼ tsp onion powder
- ¼ tsp pepper
- 2 ½ tbsp olive or avocado oil
- ½ tsp salt
- 1 tsp garlic minced



Directions

1. Heat 1 tbsp of olive oil in a skillet over medium-high-heat.
2. When the oil is hot, then add chopped sausage and sauté, flipping sausage often, for a few minutes or until sausage slices have some browning. Remove from pan and put aside.
3. Reduce heat to medium and add remaining 1 ½ tbsp of oil to skillet together with the zucchini, onion and bell pepper. Then sprinkle with oregano, garlic powder, basil, onion powder, pepper and salt. Stir.
4. Let cook until the onion is translucent, peppers and zucchini are near tender, approximately five minutes.
5. Add sausage back into the skillet together with minced garlic. Stir. Cover so everything moves through for a few minutes. Taste and add additional salt if needed.

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