

Field Roast Apple Sage Sausage with Garlic, Pepper, and Onions

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF T.J. GRACEFFA

Servings: 8 Serving Size: 1 Sausage

Ingredients	Quantity	Measure
Field Roast Apple Sage Sausage	8	Each
Green Bell Pepper (Julienne)	1	Each
Red Bell Pepper (Julienne)	1	Each
White Onions (Julienne)	1	Each
Tomatoes (diced)	1	Each
Olive Oil	.25	Cup
Garlic (Minced)	8	Cloves
Fresh Oregano (Chopped)	2	Tablespoon
Salt	1	Tablespoon
Ground Black Pepper	.25	Teaspoon

Preparation

1. Mark sausage on grill. Transfer to sheet pan and into a 350°f oven cooking to an internal temperature of 165° F.
2. Sauté garlic in olive oil until fragrant. Add onion, pepper, tomato and oregano continuing to sauté until tender.
3. Arrange sausage on serving dish. Top with sautéed vegetables.

Nutrition Information

*From USDA Nutrient Database

Calories: 325 Total Fat: 16.9g Saturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Sodium: 603mg
Carbohydrates: 16g Fiber: 4.4g Sugar: 5g Protein 27g