




SAUSAGE + FALL VEGETABLE SKILLET RECIPE

 20 minutes
 1 hour
 6 portions

INGREDIENTS

- 6 links of sausage, Italian, pork, mild, raw [606 g]
- 2 large units of apples, raw, gala, with skin [400 g]
- 1 cup, chopped of onions, raw [160 g]
- 1 small head [about 4-1/2" dia] of cabbage, raw [714 g]
- 1 cup of vinegar, cider [239 g]
- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 1 cup [8 fl oz] of beverages, cranberry-apple juice drink, bottled [245 g]
- 1/4 cup of cranberries, dried, sweetened [40 g]
- 1 tsp of salt, table [6 g]
- 1 tsp, ground of spices, pepper, black [2 g]

COOKING METHOD

- 1° In a cast-iron skillet or heavy skillet (a Dutch oven works really well for this, too), over medium heat, brown the sausages in 1 tablespoon of the oil. Once the sausages are browned, removed and set on a plate.
- 2° In the same pan (don't worry about cleaning it out), saute the onions, apples, and cabbage in the remaining 1 tablespoon of the oil for 7-10 minutes, or until the vegetables are softened and starting to brown. Season with salt and pepper to taste.
- 3° Return the sausages back to the pan, tucking in to the vegetables. Add the cider, juice, and vinegar. Turn the heat down to medium low, and simmer, covered, for 20-25 minutes, or until the sausages are completely cooked through.
- 4° Divide among six plates, and garnish with the dried cranberries.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (407 g)	% DRI
ENERGY	115 kcal	467 kcal	23 %
FAT	7 g	29 g	45 %
FATTY ACIDS, TOTAL SATURATED	2 g	9 g	47 %
CHOLESTEROL	17 mg	70 mg	23 %
SODIUM	242 mg	983 mg	41 %
CARBOHYDRATE	8 g	34 g	11 %
SUGARS	6 g	24 g	—
FIBER	1 g	5 g	22 %
PROTEIN	4 g	16 g	—