



SEARED SAUSAGE & QUINOA

	Ingredients	Exchanges
Protein	50.8 gm pork & beef sausage, fresh	4.2 (-14.7 gm)
Fat	23.8 gm butter	7.7 (-14.7 gm)
Carbohydrate	11.7 gm cooked quinoa	3
	----- 1.5 gm fresh kale, raw	----- 0.2
Other	salt, pepper, onion powder, dried oregano	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Warm a small pan over medium heat.
- Melt the butter in the pan.
- Add the raw sausage to the pan (either as a link or crumbled).
- Brown on all sides until fully cooked.
- If using a link of sausage, slice it at this time.
- Lower the heat and stir in the sliced raw kale and cooked quinoa.
- Season with salt, pepper, onion powder, and dried oregano.
- Cover with lid and cook for 5-7 minutes.
- Serve warm.

VARIATIONS

- Other proteins can be used such as chicken, fish, or firm tofu.
- Other vegetables can be used such as spinach, carrots, or broccoli.
- Quinoa can be omitted if desired.
- When weighing the kale, remove the stems and only use the dark green leaves to get the most volume.