



Sausage Skillet Dinner

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Makes 4 servings (1 cup per serving)

Prep time: 5 minutes. Cook time: 25 minutes

Ingredients

Nonstick cooking spray

1 pound of Ma' Cluckers Sausage Links

1 medium onion, peeled and chopped

3 tomatoes, chopped

3 tablespoons tomato paste

1 teaspoon each: Basil, Oregano, and Garlic powder

1/2 teaspoon salt

1/4 teaspoon ground black pepper

2 medium zucchini, sliced

Preparation

1. Spray nonstick cooking spray in a large skillet.

2. Brown chicken sausage and onion over medium heat until sausage is cooked through and onion is soft about 8 minutes.

3. Add tomato paste and seasonings. Simmer over medium heat.

4. Add zucchini and cook for 5 minutes more. Serve while hot.