

## Chicken Sausage with Squash Medley and Smoked Mozzarella Cheese Sauce

July 2014 by Camine Pappas/serves 4

### INGREDIENTS:

1 package of 5 freshly made chicken sausage links (I buy mine from Whole Foods)  
3 medium yellow squash, diced  
½ green pepper diced small  
3 slices red onion diced  
3 medium cloves of garlic, diced small  
1 C grated fresh smoked mozzarella cheese  
1 ½ C 2% milk  
4 T butter divided  
3 T all-purpose flour  
Dash nutmeg and coriander powder  
Salt and pepper



### DIRECTIONS:

Preheat outdoor grill or use stove-top grill pan sprayed with a little oil. In a saucepan, melt 2 T butter and add the flour. Whisk vigorously and cook on low heat for about a minute to eliminate the raw flour taste. Add the milk and whisk on medium high until it starts to become slightly thick. Not gravy thick, just not milk-thin. Add nutmeg, coriander, a little salt and pepper and the cheese. Whisk in and heat through and make sure all cheese is melted. Consistency should be a thin gravy. Remove from heat and cover and set aside (you can reheat when meat is done if needed, or to get it a little thicker. It will have thickened while sitting). While meat is grilling (I have a husband who is a grill-master! It took about 12-15 minutes to cook the sausage through), melt 2 T butter and then add the squash mixture. Sauté until vegetable is al dente and onions are translucent.

To plate, slice sausage lengthwise, nestle squash mixture alongside, cover horizontally with the cheese sauce.