

Simple Spicy Apple Sausage Stir-fry

This entrée is colorful and spicy; the perfect combination of flavors to impress or soothe!



INGREDIENTS

1 package Mango Jalapeno Chicken Sausage diced

2 small zucchini diced

½ sweet onion cut into thin slices

½ C roasted frozen corn (fresh corn can work as well. Simply blanch and cut off cob)

1 t Sunflower oil

Salt and Pepper

Sprinkling of dill (fresh is best, dried will work)

Handful of dried currants

While rice is cooking, heat a large fry pan. When hot add oil. Add cut sausage and sauté until browned on edges, but not overdone. Add zucchini, onion, corn, salt and pepper, and sauté until onion is soft. Do NOT overcook. Add currants and stir for 2 more minutes until soft. Serve over rice and garnish with fresh dill.

Serve over jasmine rice cooked in vegetable broth instead of water, and top with dill weed.