

Squash and Sausage 5 Minute Saute

By Camine Pappas, July 2013



1 large yellow squash, quartered lengthwise

1 small red serrano pepper, chopped (no seeds)

3 T minced fresh cilantro

Montreal Seasoning (Schilling)

1 and a half links of Smoked Chardonnay Chicken sausage cut into fourths, lengthwise

Live oil,

Salt and pepper

Heat up a sauce pan, add oil and when shimmering add the squash and the sausage as well as the peppers. Let sit until the first side is browned and carmelized. Then turn to the skin side of the squash and turn the sausage. Lower heat to med low, cover the lid but leave askew on the pan to let out steam. Cook for another 3 minutes, until the squash is soft but NOT mushy. Top with cilantro, serve.

(Can serve over rice or grits, or polenta!)