



Chicken Sausage Skillet

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 4 fully cooked chicken sausages cut into ¼ inch circles
- 3 bell peppers deseeded and sliced – I like one each red, yellow, orange
- 4-6 cloves of garlic, minced
- 1 sweet white onion, sliced
- 2-3 tablespoons O&V [Garlic EVOO](#) *
- 1½ cups cherry tomatoes, halved
- 1 cup cremini mushrooms, sliced
- 1 small zucchini, halved lengthwise and then sliced into half-moons (optional)
- 1 ½ teaspoon O&V [Toscana Dipper Mix](#) *
- 1 tablespoon chopped fresh oregano
- 1-2 tablespoons O&V [Red Onion Balsamic](#) *
- Salt and pepper to taste

Preparation

Add one tablespoon of Garlic EVOO to a large skillet and heat on medium high. When hot, add the sliced sausage and sauté stirring occasionally until browned on both sides (about 5-6 minutes). Remove from the skillet into a plate.

Add remaining oil to the skillet. Add the mushrooms and sauté till slightly browned (about 3-4 minutes). Then add the sliced peppers, onion and zucchini if using. Cook stirring occasionally until the onions and peppers are tender but still a little crisp (about 2-3 minutes).

Add the minced garlic, tomatoes, seasoning mix and cooked sausage. Cook an additional 2-3 minutes. Drizzle in the vinegar and take off the heat, stirring well. Season with salt and pepper to taste

Serve garnished with chopped fresh oregano alongside toasted or grilled baguette slices or over rice or cauliflower rice.

Serves 4

Active time 25 minutes Total Time: 30 minutes

Notes

* The [Garlic EVOO](#) adds a great flavor to the dish, but you can substitute a good [Unflavored EVOO](#) and add a little more minced garlic.

The dish is built on the quality and flavor of the seasoning mix. I like any of the following from Oil & Vinegar: [Sicilian Dipper Mix](#), [Toscana Dipper Mix](#), **Potato & Fries Mix**, but you can use your favorite, high-quality seasoning mix instead.

Personally, I love the flavor of the [Red Onion Vinegar](#) which pairs wonderfully with the sausage and veggies, but any good high-quality [Aged Balsamic](#) can be used as well.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Veggie Forward, Gluten Free, Dairy Free, Chicken Sausage, Sausage and Peppers, One-Skillet Dish, 30-Minute Dinner, Easy Weeknight Meal, Mediterranean Diet, Red Onion Vinegar, Aged Balsamic, Garlic EVOO, Olive Oil, Sicilian Dipper Mix, Toscana Dipper Seasoning, Tuscan Dipper, Potato & Fries Mix,