

Turkey Sausage and Vegetable Skillet



Ingredients:

- 1 cup instant brown rice, uncooked
- ½ pound ground turkey sausage
- 1 cup onion, chopped
(1 medium onion)
- 1 cup celery, chopped (3 ribs)
- 1 cup soft vegetables, chopped (mushrooms, peppers, tomatoes or zucchini)
- ½ teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ½ cup 2% fat shredded cheese (mozzarella, parmesan or Swiss)

**Seasonal
and Simple**

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See instructions on reverse.

Source: seasonalandsimple.info

Turkey Sausage and Vegetable Skillet continued

Instructions:

1. Cook rice according to package directions.
2. Meanwhile, heat a large skillet to medium heat. Spray the skillet with nonstick spray. Cook sausage until browned and crumbled (about 5 minutes). Remove sausage from skillet and place on a plate lined with paper towels. Wipe the drippings out of the skillet with a paper towel.
3. Spray the skillet with nonstick spray. Add the onion, celery, soft vegetables, Italian seasoning and garlic powder. Cook until vegetables are tender (about 6 minutes).
4. Stir in the cooked rice, sausage and shredded cheese.

Enjoy making this healthy and delicious recipe!

Visit marc.org/kcfresh for more information and recipes.

