



CHICKEN SAUSAGE STIR-FRY

By Dr. Cindy Tanzar
(Standard)

Makes 4 servings covering your protein and ½ cooked vegetable.



INGREDIENTS

12 ounces Al Fresca Italian Chicken Sausage or Aidells Chicken Sausage (they have many varieties, use ones without sugar)
1 Tbs. Avocado or coconut oil
1 small-medium Vidalia onion, roughly chopped
1 red, orange or yellow organic bell pepper, roughly chopped
8 ounces sliced mushrooms
2 handfuls of organic grape tomatoes, halved
5 ounces baby spinach leaves
Pink Himalayan salt and freshly-ground pepper, to taste



INSTRUCTIONS

Heat oil in a large stainless-steel pan over medium-high heat. Sauté sausage until brown on one side. Flip sausage over and add peppers, onion, mushrooms, salt and pepper. Sauté 5-7 minutes. Add in tomatoes and spinach and turn off heat, gently stirring them into the pan until wilted, but not overcooked.

Variations

Change things up a bit by using different vegetables, like broccoli florets, asparagus, zucchini, cabbage, bok choy, etc.

Can be served over a bed of cauliflower rice, too.