



Recipe of the Month - July 2017

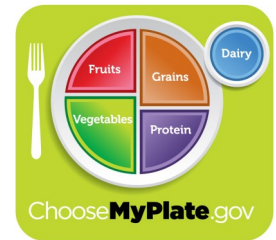
Sausage and Vegetable Skillet

Serves 4

Serving Size: 1 cup

Ingredients:

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



Make MyPlate Your Plate

Directions:

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 min.). 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, vegetables, Italian seasoning, and garlic powder. Cook until vegetables are tender (about 6 minutes).
4. Stir in the cooked rice, sausage, and shredded cheese.

Tips:

- Use the skillet as a filling for stuffed tomatoes. Cut the tops off tomatoes, scoop out seeds and fill. Bake at 425°F for 10 minutes.

NUTRITION FACTS PER SERVING: 240 calories, 8g total fat (2.5 g sat. fat), 50mg cholesterol, 550mg sodium, 25g carbohydrates, 3g fiber, 3g sugar, 16g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*