

fall sausage and cabbage sauté

Serves: 4

Prep and Cook time: 40 min

Per serving: 458 calories, 10 g fat, 1233 mg sodium

1 TBS vegetable oil

4 TBS (1/2 stick) butter

1 medium sized head
(about 1 3/4 lb)
green cabbage

1 lb smoked or fresh
sausage, such as
kielbasa or bratwurst

2/3 cup grainy mustard

1. Heat the oil in a 12 inch skillet over medium heat. Cut the sausage into 1/4 inch thick slices. Cook the sausage, turning and stirring it frequently, until it is lightly browned and cooked through, 7 to 8 minutes.

2. Meanwhile, place the butter and mustard in a small microwave-safe bowl and microwave on high power for 1 minute. Remove the bowl from the microwave oven and stir until the butter is melted and the sauce is well blended. Set aside.

3. Cut the cabbage in half and remove and discard the tough core. Coarsely chop the cabbage.

4. Add 1 cup water to the skillet and spread the chopped cabbage over the cooked sausage. Cover the skillet and steam until the cabbage is crisp-tender, 5 to 7 minutes.

5. Using a slotted spoon, divide the sausage-cabbage mixture equally among four dinner plates. Drizzle 2 TBS of the mustard sauce over each serving. Serve immediately.

Vary It! Serve over noodles or rice to complete your meal!

