

Sausage and Cabbage

From – *Mark Bittman's Kitchen Express*

1 pound sausage cut into chunks

olive oil

1 clove garlic – minced

1 head cabbage – sliced

splash of red wine vinegar or water

serve with baked potatoes or whole grain toast and mustard

- Cook sausage over medium-high heat in large skillet with olive oil until crisp and almost done – about 5-7 minutes.
- Drain off any excess fat, then add garlic, cabbage, and red wine vinegar or water.
- Cover and cook for about 4 minutes.
- Remove the lid and keep stirring and cooking until the cabbage is tender and the sausages are cooked through.
- Serve with baked potatoes or whole grain toast and lots of mustard.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com