



Recipes

Breakfast

Morning Sausage and Kale

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 2 servings

Ingredients:

2 teaspoons olive oil

1/2 small yellow onion, sliced into half moons (long, thin slivers)

2 precooked chicken sausages, sliced into 1/2" rounds

1/2 bunch kale, chopped into 1" pieces

1 tablespoon balsamic vinegar

Directions:

1. Heat oil in frying pan.
2. Sauté onions for 5 minutes.
3. Add sausage and kale.
4. Cook for 5 minutes or until sausage is hot and kale becomes soft.
5. Remove from heat, sprinkle with balsamic vinegar and serve.

Variation:

If you are a vegetarian, try substituting marinated tempeh for sausage. Cut tempeh into bite-size cubes, marinate in tamari or soy sauce for 30 minutes and follow the recipe using tempeh in place of sausage.