

Food Therapy

NEWSTALK

610
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Farmers' Sausage with Tri-Coloured Peppers

- 2 fresh Italian sausage links, hot or mild
- 4 tbsp Extra Virgin Olive Oil
- 1 large red bell pepper, seeded and sliced
- 1 large yellow bell pepper, seeded and sliced
- 1 large green bell pepper, seeded and sliced
- 1 onion, peeled and sliced
- 1 garlic clove, minced
- 2 tsp dried thyme leaves

Slice the sausage into thin pieces. Warm half of the extra virgin olive oil in a skillet and add the sausage. Cook over medium heat until sausage is completely cooked, about 8 minutes, shaking the skillet to move the sausage around. Remove from pan.

Add the remaining extra virgin olive oil to the skillet then add the onions and peppers. Cook for 4 to 5 minutes or until the onion is soft and translucent. Add the garlic, thyme leaves and cooked sausage. Cook for another minute or two, stirring to combine the flavours.

Serves 4.



Recipe courtesy of Niagara Cooks, from farm to table by Lynn Ogryzlo

Episode: Strong Immunity

Email Lynn with questions or comments at FOOD101program@gmail.com

Because what You Eat Matters!