



# Snappy Sausage Recipes



*Flavorful  
entrees  
“in a snap”*





**F**avor and convenience come together in the National Hot Dog and Sausage Council's new recipe book, "Snappy Sausage Recipes." These specially developed entrees

feature commonly found ingredients that enable you to prepare delicious entrees in 40 minutes or less.



A refrigerator stocked with sausage means cooks pinched for time needn't think a quick dish is a dull dish. From pizza to kebabs to salads, these recipes demonstrate the versatility and convenience of the many varieties of sausages and prove that sausages no longer should be relegated to life on a bun. In fact, innovatively flavored sausages are among the hottest trends in cooking. And with so many low-fat varieties available in the marketplace, there's a recipe combination to suit everyone's taste and nutrition preferences.



These six Snappy Sausage Recipes call for three types of sausage that require different preparation techniques to ensure good taste and safety.

Dry sausage, like salami is ready-to-eat and need only be sliced and served.

Cooked sausage, like smoked or kielbasa, is pre-cooked and should be thoroughly reheated until steaming hot.

Fresh sausage, like Italian or fresh bratwurst, is made from ground meat (usually pork) and should be cooked thoroughly to an internal temperature of 160 degrees F. Consumers with questions about sausage are encouraged to visit the National Hot Dog and Sausage Council's web site [www.hot-dog.org](http://www.hot-dog.org). The site features recipes, storage and handling information, a nutrition calculator and more. And with the click of a button, hot dog and sausage lovers can be added to the Council's mailing list for notification about future recipe books. Enjoy!

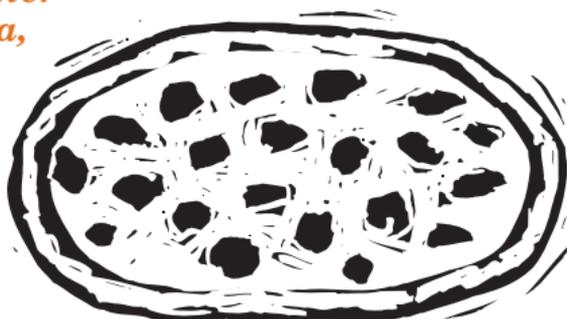


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# BIANCO PIZZA

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*Enjoy a lighter version of pizza, without the tomato sauce. Serve with a crisp green salad. This recipe may also be served as an appetizer.*



*Portion: 4 entrees*

- 8 ounces MILD OR HOT FRESH ITALIAN SAUSAGE
- 1 medium sweet onion, chopped fine
- 1 6-ounce jar marinated artichoke hearts
- 4 ounces fresh button mushrooms, cleaned
- 1 ½ tsp. dried oregano leaves
- 1 10-ounce tube refrigerated pizza crust
- 1 ¼ cups Mozzarella cheese, grated (divided)
- ¼ cup Parmesan cheese, grated
- Olive oil cooking spray

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- 1** Preheat oven to 425 degrees F.
  - 2** Squeeze the sausage from the casing into a large skillet. Over medium heat, sauté the sausage and onions together.
  - 3** Meanwhile, drain the artichokes and reserve 1 tablespoon of the liquid. Chop the artichokes into ½” pieces. Cut the mushrooms into thin slices.

**4** When the sausage is light brown and the onions are translucent, ladle into a medium bowl with a slotted spoon. Wipe the skillet clean of pan drippings, add the reserved artichoke liquid and lightly sauté the mushrooms. Add to the bowl with the sausage. Add the oregano and mix all together.

**5** Lightly spray a 15" x 10" baking sheet with the cooking spray. Unroll the dough into the pan and lightly push the dough to the edges of the pan. Sprinkle  $\frac{2}{3}$  cup of the Mozzarella over the dough. Drain the sausage mixture and evenly distribute the sausage over the dough. Then sprinkle on the remaining Mozzarella and all of the Parmesan.

**6** Bake for 15 minutes or until the cheese is bubbly and the crust turns light brown.

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#### **Nutritional Information (per serving)**

Calories	441
Protein	22 grams
Carbohydrates	37 grams
Fat-total	23 grams
Cholesterol	55 mg
Sodium	1006 mg

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# SAUSAGE, RED BLISS POTATOES & GRUYERE SALAD

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*This colorful hearty entree salad is perfect for a family dinner or for casual company fare. Complete the meal with a loaf of dark pumpernickel bread.*



*Portion: 4 entree salads*

12 ounces FULLY-COOKED  
SMOKED SAUSAGE OR FULLY-  
COOKED LOW-FAT SMOKED  
SAUSAGE

1 ½ pounds small to medium red bliss  
potatoes, washed

⅔ cup green onion, chopped

2 Tbsp. cider vinegar

⅓ cup light mayonnaise

¼ cup non-fat plain yogurt

1 tsp. caraway seeds

4 ounces Gruyere cheese, medium  
dice

8-12 romaine lettuce leaves, washed  
and dried

12 tomato wedges

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**1** Reheat sausage thoroughly according to package directions. Cool slightly and cut into thin slices.

**2** Meanwhile, cover potatoes with cold water and bring to a boil in a 2 to 3 quart saucepan. Reduce heat and simmer for about 20 minutes or until the potatoes are tender when pierced with a fork. Drain and cool

just until they are cool enough to handle. Cut potatoes into  $\frac{1}{8}$ " slices.

**3** In a large bowl, combine onions and vinegar with the potatoes. Using a rubber scraper, gently stir together. Cool.

**4** In a small bowl, mix the mayonnaise, yogurt, and caraway seeds. Gently fold into the potatoes. Add smoked sausage and cheese.

**5** For each portion, serve 2 cups salad atop a bed of romaine leaves. Garnish each entree plate with 3 tomato wedges. May be served immediately at room temperature or covered and chilled.

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#### **Nutritional Information (per serving)**

##### **Regular Sausage**

Calories 679

Protein 33 grams

Carbohydrates 47 grams

Fat-total 40 grams

Cholesterol 94 mg

Sodium 1503 mg

##### **Low-Fat Sausage**

Calories 470

Protein 25 grams

Carbohydrates 54 grams

Fat-total 17 grams

Cholesterol 74 mg

Sodium 956 mg

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# QUICK SMOKED SAUSAGE JAMBALAYA

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*Don't wait until Mardi  
Gras to serve this  
Louisiana  
favorite...it  
is perfect  
throughout the  
fall, winter and  
early spring. The  
addition of ground*

*cloves enhances this quick and easy  
Creole recipe. Serve immediately to get  
the full flavor of the cloves.*



*Portion: 4 entrees*

- 1 pound KIELBASA SMOKED SAUSAGE, cut into  $\frac{1}{4}$ " slices OR use LOW-FAT KIELBASA SMOKED SAUSAGE, cut into  $\frac{1}{4}$ " slices
- 1 cup chopped red onion
- 1 cup chopped green pepper
- $\frac{1}{2}$  cup chopped celery
- 1  $\frac{1}{2}$  cups long-grain white rice
- 1  $\frac{1}{3}$  cups low-salt chicken broth
- 1 15-ounce can stewed tomatoes, (Cajun recipe preferred)
- $\frac{1}{2}$  tsp. thyme
- $\frac{1}{4}$  tsp. cayenne pepper
- $\frac{1}{8}$  tsp. ground cloves

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**1** Over moderate-high heat, brown kielbasa in a 5-quart heavy saucepan, stir frequently. When the sausage is brown, transfer with a slotted spoon to a paper towel lined bowl. Reserve 1 tablespoon of pan drippings but discard any other drippings.

**2** Return pan drippings to saucepan and add onion, green pepper and celery. Sauté over moderate-high heat, stirring occasionally until onion is soft.

**3** Stir in the rice, chicken broth, tomatoes with their juices, herbs and spices. Cover pan and simmer over low heat for about 10 minutes.

**4** Return sausage to the saucepan and continue to simmer for about 5 minutes until all the liquid is absorbed and the rice is tender.

**5** Serve immediately in heated shallow bowls.

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### Nutritional Information (per serving)

#### **Regular Sausage**

Calories 698

Protein 24 grams

Carbohydrates 77 grams

Fat-total 32 grams

Cholesterol 77 mg

Sodium 1508 mg

#### **Low-Fat Sausage**

Calories 509

Protein 23 grams

Carbohydrates 87 grams

Fat-total 7 grams

Cholesterol 52 mg

Sodium 1260 mg

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# SAUSAGE AND VEGETABLE KEBABS WITH MUSTARD SAUCE

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*The subtle taste of mustard provides a pleasant flavor surprise to the colorful kebab. This is a quick and easy entree that is lovely served over rice pilaf or a flavored rice.*



*Portion: 4 entrees*

- 4 12-inch wooden skewers, soaked in water for 30 minutes
- 2 Tbsp. white wine vinegar
- 1 Tbsp. olive oil
- 2 Tbsp. Dijon mustard
- 1 tsp. coarsely ground black pepper
- 1 pound FRESH BRATWURST OR ITALIAN SAUSAGE LINKS, cut into  $\frac{3}{4}$ " slices (slice through the casings)
- 1 large red bell pepper, washed, seeded, de-ribbed and cut into 1" squares
- 1 small zucchini, washed, ends removed and cut into  $\frac{3}{4}$ " slices
- 12 firm cherry or grape tomatoes, washed

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**1** Mix the vinegar, olive oil, mustard, and pepper together in a small bowl.

**2** On each skewer, alternately thread the sausage and vegetable chunks, beginning and ending each skewer with red pepper cubes.

Leave a small space between the sausage pieces so the sausage will cook through.

**3** Brush the mustard mixture onto the sausage and vegetables.

**4** Prepare the grill with medium heat coals (white-ash glowing embers) or preheat the broiler. Grill or broil the kebabs on an oiled rack, about 6-8 inches from the heat. Using tongs, turn the skewers every 5 minutes and continue to cook for a total of 18 to 20 minutes, or until the sausage is cooked through to 160 degrees F. internal temperature.

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#### **Nutritional Information (per serving)**

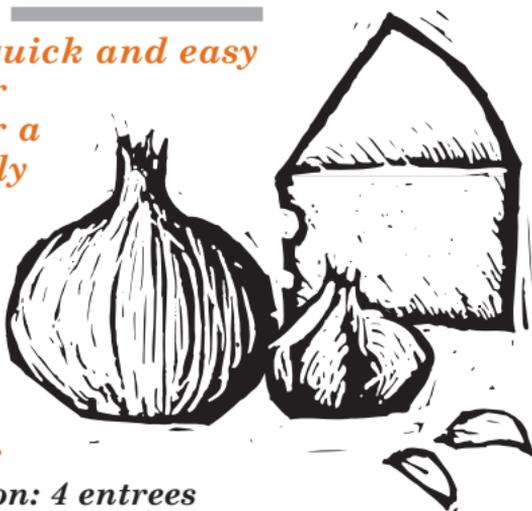
Calories	238
Protein	10 grams
Carbohydrates	8 grams
Fat-total	19 grams
Cholesterol	35 mg
Sodium	519 mg

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# SAUSAGE WITH PASTA IN TOMATO-CREAM SAUCE

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*Serve this quick and easy entree for company or a special family dinner. Complete the meal with a fresh green salad and crusty bread.*



*Portion: 4 entrees*

- 1 pound SWEET ITALIAN SAUSAGE
- 1 medium onion, chopped
- 1 clove garlic, minced
- ½ cup dry white wine
- 1 14 ½ -ounce can peeled and diced tomatoes (with juices)
- ½ cup light cream
- ½ cup fresh basil, chopped (divided)
- ½ pound penne rigate pasta (or other tubular pasta)
- ½ cup Parmesan cheese, freshly grated (divided)

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**1** Squeeze the sausage from the casing into a large skillet. Over medium heat, sauté the sausage, onion and garlic together. Continue to sauté until the sausage is lightly brown, about 7 minutes.

**2** Drain the drippings from the skillet. Add wine to sausage and simmer about 2 minutes. Add tomatoes with juices and simmer about 3 more minutes.

Reduce the heat to low and stir in cream. Stir and simmer for about 5 minutes. Mix in  $\frac{1}{4}$  cup chopped basil and reduce heat to warm. Stir in  $\frac{1}{4}$  cup Parmesan.

**3** Meanwhile, cook penne pasta according to package directions, about 10 minutes, or until al dente. Drain.

**4** Divide pasta into 4 warm pasta bowls or entree plates. Ladle about 1 cup sauce atop each bowl of pasta. Sprinkle each portion with 1 tablespoon each Parmesan and basil. Serve hot. If desired, garnish with fresh whole basil leaves.

NOTE: Dried basil may be substituted for fresh. Use 1 tablespoon dried basil in step 2 and sprinkle  $\frac{1}{2}$  teaspoon basil atop each bowl in step 4.

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#### Nutritional Information (per serving)

Calories	571
Protein	27 grams
Carbohydrates	55 grams
Fat-total	26 grams
Cholesterol	75 mg
Sodium	916 mg

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# ANTIPASTO SALAD

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*A quick and easy Italian entree salad featuring a delicious combination of colors, flavors and textures. Serve with a loaf of crusty Italian bread.*

*Portion: 4 entree salads*

- 1 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- 2 tsp. Dijon mustard
- 1 large head romaine, washed, dried and chilled
- 5 ounces SLICED HARD SALAMI, cut into julienne strips
- 4 ounces Mozzarella cheese, cut into julienne strips
- $\frac{1}{3}$  cup fresh flat-leafed parsley leaves, chopped
- 1  $3\frac{1}{4}$ -ounce can large pitted ripe olives, well drained
- 2 medium tomatoes, washed and cut into 20 wedges

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**1** In a large bowl, whip together the oil, red wine vinegar and mustard.

**2** Cut the romaine crosswise into  $\frac{1}{2}$ " strips. Add the romaine, salami, Mozzarella, parsley and olives to the dressing in the bowl. Toss all ingredients together.

**3** Divide into 4 portions and garnish each serving with 5 tomato wedges.

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## Nutritional Information (per serving)

Calories	352
Protein	17 grams
Carbohydrates	13 grams
Fat-total	27 grams
Cholesterol	50 mg
Sodium	1409 mg



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