



Sausage-and-Pepper Skewers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cherry tomatoes
- 12 ounce mild chicken sausage cut into 1-inch pieces (preferably garlic-flavored)
- 1 cup couscous
- 0.3 cup cilantro leaves fresh
- 0.3 cup parsley fresh
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin
- 1 large onion red cut into chunks

- 4 scallions roughly chopped
- 1 tablespoon citrus champagne vinegar
- 2 bell peppers red yellow cut into chunks (and)

Equipment

- bowl
- blender
- grill
- skewers
- grill pan

Directions

- Soak eight 8-inch skewers in water, at least 15 minutes. Preheat a grill or grill pan to medium high. Prepare the couscous as the label directs.
- Meanwhile, toss the bell peppers, sausage, onion and tomatoes in a bowl with 1 tablespoon olive oil; season with salt and pepper. Thread onto the skewers, alternating the sausage and vegetables. Grill, turning, until the vegetables are slightly softened and the sausage begins to brown, 6 to 7 minutes.
- Meanwhile, puree the parsley, cilantro and scallions in a blender with the remaining 2 tablespoons olive oil, the vinegar and 2 tablespoons water. Season with salt and pepper.
- Brush the skewers with some of the pesto and continue to cook, turning, until the tomatoes are tender and the sausage is charred, 6 to 7 more minutes.
- Toss the couscous with half of the remaining pesto and season with salt and pepper.
- Serve with the skewers and the remaining pesto, for dipping.
- Photography by Antonis Achilleos

Nutrition Facts



PROTEIN 17.01% FAT 43.87% CARBS 39.12%

Properties

Glycemic Index:55, Glycemic Load:21.9, Inflammation Score:-9, Nutrition Score:19.267391337001%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 464.84kcal (23.24%), Fat: 23.07g (35.5%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 41.7g (15.16%), Sugar: 5.93g (6.59%), Cholesterol: 60.04mg (20.01%), Sodium: 1080.73mg (46.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.13g (40.26%), Vitamin C: 95.41mg (115.65%), Vitamin K: 99.83µg (95.08%), Vitamin A: 2848.89IU (56.98%), Manganese: 0.51mg (25.51%), Vitamin E: 2.79mg (18.57%), Fiber: 4.6g (18.42%), Folate: 60.09µg (15.02%), Vitamin B6: 0.3mg (14.77%), Iron: 2.26mg (12.57%), Vitamin B3: 2.45mg (12.23%), Phosphorus: 114.79mg (11.48%), Potassium: 379.41mg (10.84%), Vitamin B1: 0.14mg (9.28%), Magnesium: 36.96mg (9.24%), Copper: 0.17mg (8.7%), Vitamin B5: 0.84mg (8.38%), Vitamin B2: 0.11mg (6.75%), Zinc: 0.7mg (4.67%), Calcium: 39.9mg (3.99%)