



Sausage and Pepper Skewers with Grilled Polenta

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



1243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 5 tablespoons canola oil
- ☐ 2 bell peppers green
- ☐ 2 pounds sausage italian hot
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 10 ounce cooking polenta quick

- ☐ 1 bell pepper red
- ☐ 1 teaspoon spicy brown mustard
- ☐ 6 cups water
- ☐ 1 large onion yellow
- ☐ 10 inch skewers
- ☐ 10 inch skewers

Equipment

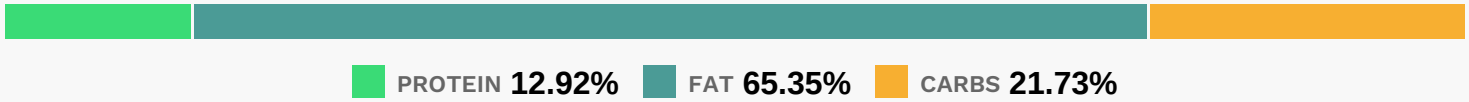
- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ cutting board
- ☐ wooden skewers

Directions

- ☐ Spray a 9 by 13-inch baking pan with nonstick cooking spray. Bring 6 cups of salted water to a boil over medium heat. Once boiling slowly whisk in the polenta, making sure to keep whisking until smooth and thick about 1 to 2 minutes.
- ☐ Pour the cooked polenta into the baking pan and smooth the top.
- ☐ Let cool until firm, about 20 minutes.
- ☐ Preheat a grill or grill pan over medium-high heat. When the polenta is cool, invert it onto a cutting board and slice it into 12 squares.
- ☐ Brush the squares with a little canola oil and grill until they are heated through and have nice grill marks, about 2 minutes per side.
- ☐ Meanwhile, if you are using wooden skewers, soak them in water for at least 30 minutes or while you prepare the sausage and peppers.

- ☐ Preheat a grill or grill pan over medium heat. Arrange the sausages on the grill and cook for 8 to 10 minutes giving them a 1/4 turn every couple of minutes.
- ☐ Remove them to a cutting board and let rest for 5 minutes, then cut them into 1/2-inch thick pieces. The sausage will not be completely cooked through. It will finish cooking on the skewers with the peppers and onions.
- ☐ While sausage is cooking, core and slice the peppers.
- ☐ Cut them and the onion into 1 by 1-inch pieces.
- ☐ In a small bowl, whisk together 3 tablespoons canola oil, balsamic vinegar, Italian seasoning and mustard.
- ☐ When you are ready, heat the grill or grill pan over medium heat. Thread each skewer with 3 pieces of the sausage, 4 pieces of onion and green pepper and 2 pieces of the red pepper making sure to alternate the ingredients.
- ☐ Brush them with the oil and vinegar mixture and season with salt and pepper, to taste. Grill the skewers on both sides until they are hot and sizzling, about 6 to 8 minutes. Arrange them on a serving platter and serve with the grilled polenta. Reserve 2 skewers for Round 2 recipe Sausage and Pepper Ziti.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:2.1, Inflammation Score:-8, Nutrition Score:32.833913118943%

Flavonoids

Luteolin: 2.99mg, Luteolin: 2.99mg, Luteolin: 2.99mg, Luteolin: 2.99mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 1242.85kcal (62.14%), Fat: 89.7g (138%), Saturated Fat: 27.04g (168.99%), Carbohydrates: 67.1g (22.37%), Net Carbohydrates: 63.4g (23.06%), Sugar: 5.36g (5.95%), Cholesterol: 172.37mg (57.46%), Sodium: 1695.62mg (73.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.9g (79.8%), Vitamin C: 93.25mg (113.02%), Selenium: 68.96µg (98.52%), Vitamin B1: 1.45mg (96.73%), Vitamin B6: 1.06mg (52.79%), Vitamin B3: 8.87mg (44.37%), Phosphorus: 407.31mg (40.73%), Vitamin B12: 2.06µg (34.4%), Zinc: 4.63mg (30.85%), Vitamin B2: 0.47mg (27.36%), Vitamin A: 1313.98IU (26.28%), Potassium: 906.52mg (25.9%), Vitamin E: 3.86mg (25.71%), Iron:

4.04mg (22.42%), Vitamin K: 21.99µg (20.94%), Manganese: 0.41mg (20.46%), Copper: 0.36mg (17.84%),
Magnesium: 70.31mg (17.58%), Vitamin B5: 1.71mg (17.09%), Fiber: 3.7g (14.8%), Folate: 49.74µg (12.43%), Calcium:
79.84mg (7.98%)