

Turkey Sausage and Sweet Pepper Sauté

2 T. organic olive oil

4 Diestel Turkey sausages, sliced on the diagonal into 2-inch thick slices

1 medium yellow bell pepper, cut into 1/4-inch thick strips

1 medium red bell pepper, cut into 1/4-inch thick strips

2 medium onions, cut into 1/4-inch thick wedges

Salt and freshly ground pepper to taste

Heat the oil in a large skillet. Add the sausage and cook about 3 minutes or until slightly browned. Stir in the peppers and onions and simmer, covered, for 2 minutes. Increase the heat and sauté, uncovered, until vegetables are browned (about 5 minutes more). Serve over pasta or polenta. Makes 4 servings.