

Sweet-and-Sour-Glazed Chicken Sausage Bites

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 18

1 *tablespoon olive oil*
1/2 *cup (one medium) onion, finely chopped*
1/2 *cup red sweet pepper, finely chopped*
3 *cloves garlic, minced*
3 *packages (12 ounce ea) cooked chicken sausage links (apple-Chardonay, sun-dried tomato, spicy jalapeno and/or other), cut diagonally into 3/4-inch slices*
2/3 *cup chili sauce*
2/3 *cup apple jelly*
2 *tablespoons soy sauce*
2 *teaspoons grated fresh ginger* OR
1/2 *teaspoon ground ginger*
1/4 *teaspoon crushed red pepper*
2 *teaspoons corn starch*
2 *teaspoons cold water*

Preparation Time: 20 minutes

Cook Time: 3 hours

In a large saucepan, heat the oil over medium heat. Add the onion, sweet pepper and garlic. Cook and stir about 3 minutes or until the vegetables are tender.

Place the onion mixture and sausage slices in a 3-1/2- or 4-quart slow cooker.

In a small bowl, stir together the chili sauce, jelly, soy sauce, ginger and crushed red pepper. Pour over the mixture in the slow cooker.

Cover and cook on low-heat setting for 3 to 4 hours or on high-heat setting for 1-1/2 to 2 hours.

If using low-heat setting, turn to high-heat setting. In a small bowl, combine the cornstarch and the cold water. Stir the cornstarch mixture into the sausage mixture in the slow cooker. Cover and cook for about 15 minutes more or until thickened.

Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours.

Serve with pretzel sticks.

Per Serving (excluding unknown items): 41 Calories; 1g Fat (16.2% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 125mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	41	Vitamin B6 (mg):	trace
% Calories from Fat:	16.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n n%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	125mg	Vegetable:	0
Potassium (mg):	60mg	Fruit:	0
Calcium (mg):	2mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	6mg		
Vitamin A (i.u.):	659IU		
Vitamin A (r.e.):	66RE		

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving

Calories 41 **Calories from Fat:** 7

% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrates 9g	3%
Dietary Fiber trace	1%
Protein trace	
Vitamin A	13%
Vitamin C	11%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.