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# Skillet Pierogi with Sausage and Broccoli

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Servings: 4

Start to Finish Time: 40 minutes

**3 tablespoons extra-virgin olive oil**

**12 ounces sweet Italian sausage, casings removed**

**1 pound frozen or refrigerated pierogi, preferably potato and cheese**

**1 small onion, halved and sliced root to tip**

**1/2 teaspoon dried oregano**

**Kosher salt**

**freshly ground pepper**

**1 bag (12 ounce) broccoli florets, large florets halved or quartered**

**1 red, yellow or orange bell pepper, sliced**

**2 cloves garlic, finely chopped**

**1/4 cup grated Parmesan cheese**

In a large nonstick skillet over medium-high heat, heat one tablespoon of olive oil. Add the sausage and cook, breaking the sausage up into small clumps with a spatula or wooden spoon, until browned and cooked through, about 8 minutes. Remove to a large plate, leaving the drippings in the pan. Add the pierogi to the pan and cook, turning, until browned and heated through, about 5 minutes. Remove to the plate with the sausage.

Add the onion, oregano, a big pinch of salt and a big pinch of pepper to the skillet. Cook, stirring, until the onion is softened and just beginning to brown, about 3 minutes. Push to one side of the skillet. Add one more tablespoon of olive oil and the broccoli to the open side. Season the broccoli with salt and let cook, undisturbed, until it starts to brown in spots, 2 to 3 minutes. Stir the broccoli into the onion and cook until the broccoli is bright green with crisp-tender stems, 5 minutes.

Add the bell pepper to the skillet and cook until just softened, 2 to 3 minutes. Return the sausage and pierogi to the skillet and add the garlic and remaining one tablespoon of olive oil. Cook, tossing, until well combined. Season with salt and pepper and stir in two tablespoons of Parmesan cheese.

Divide the pierogi and vegetables among plates or shallow bowls. Sprinkle with the remaining two tablespoons of Parmesan cheese.

## Side Dishes

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*Per Serving (excluding unknown items): 134 Calories; 12g Fat (76.6% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 96mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 2 Fat.*