

## **Grilled Sausages with Pepper-Onion Saute'**

CLASSICO Italian Foods To Savor - page 89

**Servings: 8**

**2 pounds Sweet or Hot fresh Italian sausage links**

**3 cups water**

**2 onions, sliced and separated into rings**

**2 medium green bell pepper, cut into thin slices**

**2 medium red bell pepper, cut into thin slices**

**2 tablespoons olive oil**

Pierce sausages with fork. In large saucepan, combine sausage links and water.

Bring to a boil; reduce heat. Cover and simmer about 10 minutes or until sausage links are fully cooked; drain.

In large skillet, over medium heat, cook onion and bell peppers in oil for 5 to 7 minutes or until tender and lightly browned. Remove from heat; keep warm.

In skillet, over medium heat, fry sausages in 1 tablespoon olive oil until browned. Remove from skillet.

Diagonally slice sausages into thirds.

Add sausage pieces to vegetables in skillet; heat through for 1 to 2 minutes.

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Per Serving (excluding unknown items): 46 Calories; 3g Fat (64.3% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat.