

Sausage and Black-Eyed Pea Hash

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Cooking Light Magazine - July 2012

Servings: 4

8 ounces turkey andouille sausage, diced
1 cup (2 stalks) celery, sliced
1 cup fresh tomato, chopped
1 medium red bell pepper, cubed
1 medium yellow squash, cubed
1/4 cup water
2 teaspoons fresh thyme, chopped
2 teaspoons cider vinegar
2 teaspoons Worcestershire sauce
2 teaspoons Dijon mustard
1 can (15 ounce) no-salt-added black-eyed peas, rinsed and drained
1 tablespoon canola oil
4 large eggs
1/4 teaspoon freshly ground black pepper

Heat a large nonstick skillet over medium-high heat. Add the sausage. Saute' for 4 minutes or until lightly browned, stirring occasionally.

Add the celery, tomato, bell pepper and squash. Saute' for 3 minutes, stirring frequently.

Add the water, thyme, vinegar, Worcestershire sauce, mustard and black-eyed peas. Simmer for 2 minutes or until the peas are thoroughly heated. Remove the pea mixture from the pan and keep warm. Wipe the pan with a paper towel.

Return the pan to medium heat. Add oil to the pan. Swirl to coat. Crack the eggs into the pan. Cook for 4 minutes or until the whites are set. Remove from the heat.

Place about one cup of the pea mixture onto each of four plates. Top each serving with one egg. Sprinkle the eggs evenly with black pepper.

Per Serving (excluding unknown items): 134 Calories; 9g Fat (57.6% calories from fat); 8g Protein; 7g Carbohydrate; 2g Dietary Fiber; 212mg Cholesterol; 140mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.