

Pork

Sausage Saute'

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1 1/4 pounds turkey sausage, sliced
1 onion, chopped
2 tablespoons canola oil
1 can (14.5 oz) chicken broth
1/2 cup water
1 cup orzo
1/2 pound asparagus, cut-up
1 jar (6 oz) artichoke hearts, quartered
1 can (6 oz) mushroom stems and pieces
3 tablespoons parsley.

In a skillet over medium heat, cook the turkey sausage and onion in canola oil for 4 minutes.

Stir in the chicken broth, water and orzo. Boil for 3 minutes.

Add the asparagus. Cook for 8 minutes.

Add the artichoke hearts and mushrooms. Cook for 2 minutes.

Top with the parsley.

Per Serving (excluding unknown items): 1032 Calories; 32g Fat (27.7% calories from fat); 35g Protein; 154g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 867mg Sodium. Exchanges: 8 1/2 Grain(Starch); 1/2 Lean Meat; 5 Vegetable; 6 Fat.