

Sausage Veggie Skillet

Sausage Veggie Skillet – Recipe from Acre Homestead on YT



Serves 6

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:62eb142e7e23d14cd4ecc30>

- 1 large onion, diced
- 4 cloves garlic, chopped
- 6 links sausage of choice (I am using chicken apple sausage), sliced
- 1 large zucchini, diced (about 3 cups)
- 3 oz sharp grated cheese, grated
- 2 cups quartered grape or cherry tomatoes
- 1 Tbsp butter

1. Preheat oven to 400.
2. In an oven proof skillet, melt butter. Add sliced sausage and cook until browned. Add onion and cook until translucent. Add garlic and cook about 30 seconds. Add salt.
3. Next, add in zucchini and stir well. Add black pepper to taste. Let cook until zucchini is softened a bit and

juices release

4. Place tomatoes on top of zucchini/sausage mixture. Season with salt and pepper. Top with shredded cheese. Place in the preheated oven for 15-20 minutes or until cheese is melted and golden brown.
5. Serve over rice, scooping the juice out of the pan and drizzling over veggies and rice. Serve with shredded parmesan if desired.

Main Course

sausage, vegetables