



Brenna Fay Rhodes

Sausage Quinoa

Serving Size: 4-6

Total Time: 35 minutes

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Ingredients

- 1 lb ground pork sausage
- 2 medium onions
- 6 cloves of garlic
- 1 handful any kind of fresh greens
- 2 medium yellow squash or zucchini
- 5 oz box of quinoa
- Rosemary
- Olive oil
- Water



Instructions

1. In a large, heavy pot, crumble and brown sausage over medium-high heat. While browning, trim and rinse onions and peel garlic. Chop onions and add to the pot. Add drizzle of olive oil if sausage begins to stick and stir frequently. Smash garlic cloves, chop, and add to pot. Stir and cook about one minute, then turn heat down to low.
2. Rinse greens well to remove grit. Pat them dry or use a salad spinner. Remove long stem ends. I stack the greens and slice lengthwise into 2-inch slices, then slice the other direction to create bite-size pieces. Add chopped greens to pot and turn heat back up to medium-high, stirring greens just until they wilt. Remove hot sausage mixture from pot and place into a large serving bowl. Set aside.
3. Chop squash into small pieces, removing center or seeds, if desired. Put chopped squash into pot and heat to medium-high. Add another drizzle of olive oil. Stir and cook squash for about 3 minutes.
4. Open quinoa package and follow directions for stovetop preparation, except simply place the water and quinoa and seasoning packet in with the squash as it cooks. Cover the pot and bring all to a boil, then reduce heat and simmer for 13 minutes.

5. Pick some fresh rosemary. Remove the leaves from the stem. Mince the rosemary and add to the pot. Cover and cook one minute, then remove from heat. In serving bowl, gently toss together quinoa mixture with the sausage mixture. It's ready!

Notes: