

Chicken Sausage & Cabbage Skillet

INGREDIENTS

- 1 tsp olive oil
- 3 fully cooked roasted garlic chicken sausage links, sliced (about 3 oz each)
- 2 small granny smith apples, peeled and grated
- 1 onion, diced
- 6 cups cabbage, shredded (about ½ small head)
- 1 tbsp honey
- ¼ cup white wine
- 1 tbsp white wine vinegar
- 1 tsp salt (optional)
- ½ tsp black pepper

DIRECTIONS

1. Add oil and a generous amount of cooking spray to a large sauté pan over medium-high heat.
2. Sauté sausage until beginning to brown. Remove from pan and set aside.
3. Add apples, onion and cabbage to the pan and sauté for 8-10 minutes or until cabbage is soft and beginning to lightly brown.
4. Add sausage back to pan with remaining ingredients. Sauté until liquid reduced.



Recipe courtesy of Diabetes Food Hub

Serves: 4 | Serving size: 1½ cups

Nutrition Information: Calories: 205; Total Fat: 7g; Saturated Fat: 1.5g; Cholesterol: 50mg; Sodium: 380mg; Total Carbohydrate: 24g; Dietary Fiber: 4g; Protein: 13g.