

## Sausage and Vegetables

### Ingredients:

1 Package of uncooked Beef-Cheddar-Jalapeno Sausages, from HEB\*.  
4 medium Zucchini.  
3-4 firm Tomatoes.  
Cavendar's Greek Seasoning, about 2 T  
Oregano, about 1 T  
Olive Oil, 2 T.  
Lemon Juice, about 3 T.  
Grated Parmesan Cheese, about 1/8 C.

### Instructions:

1. Cut Zucchini and Tomatoes into bite size pieces
2. Cook sausages:
  - a. In a sauce pan large enough to hold sausages, add water about two-thirds. Bring to a boil on high heat.
  - b. Put in sausage links. (Links should be covered with water.) Bring back to a boil. Reduce heat to about medium to continue boiling at a slow rate for 10 minutes.
  - c. Drain water. Add about 1 T Olive Oil. Brown skins under low/medium heat. About 1-2 minutes a side.
  - d. Remove from heat. Cover to keep warm.
3. Cook vegetables:
  - a. Bring a skillet large enough to hold vegetable to a medium heat.
  - b. Add 1 T Olive Oil. Add Zucchini. Cover. Cook about 3 minutes.
  - c. Add Tomatoes, Greek Seasoning, Oregano and Lemon Juice. Cover. Cook about 4 minutes.
  - d. Cook to desired doneness. Remove from heat. Add Parmesan Cheese.
4. Serve separately or together.

### Notes:

1. This recipe is very forgiving of relative amounts of ingredients and seasoning.

*\* And no, neither Vance Jackson Neighborhoods, Inc. nor Casa Trakas receive any promotional remuneration for the retail reference.*