

## Seasonal Eating

# Chicken Sausage and Summer Vegetable Sauté

1/2 onion, chopped  
1 yellow squash, chopped  
4 ounces mushrooms, chopped  
1 teaspoon Italian seasoning  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1 tablespoon olive oil  
2 links Italian style chicken sausage, sliced  
2 cloves garlic, minced  
2 tablespoons water  
1 tomato, chopped  
1 tablespoon Italian salad dressing  
1 teaspoon balsamic vinegar  
1/4 cup grated parmesan cheese  
2 tablespoons fresh chopped basil

In a large bowl, toss together the onion, squash, mushrooms, Italian seasoning, salt, pepper, onion powder and garlic powder. Set aside. In a large sauté pan, heat the olive oil over medium high heat. Add the sausage in a single layer and let brown, turning over to brown other side. Remove with a slotted spoon to a bowl. Add the vegetable mixture to the sauté pan and cook over high heat for a minute to brown the vegetables. Reduce heat to medium high and add water and garlic. Let sauté, stirring often, until vegetables are tender, about 8-9 minutes. Add the tomato, salad dressing and balsamic vinegar and stir in the reserved sausage. Cook until heated through, about 1 minute. Garnish with Parmesan cheese and basil.