Sausage and Cabbage
From – Mark Bittman's Kitchen Express

1 pound sausage cut into chunks
olive oil
1 clove garlic – minced
1 head cabbage – sliced
splash of red wine vinegar or water
serve with baked potatoes or whole grain toast and mustard

• Cook sausage over medium-high heat in large skillet with olive oil until crisp and almost done – about 5-7 minutes.
• Drain off any excess fat, then add garlic, cabbage, and red wine vinegar or water.
• Cover and cook for about 4 minutes.
• Remove the lid and keep stirring and cooking until the cabbage is tender and the sausages are cooked through.
• Serve with baked potatoes or whole grain toast and lots of mustard.

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