



WHAT'S FOR DINNER?

This Summer Squash With Pork Sausage Recipe is quick to make and nutritious to eat. Made with fresh and packaged nutritional ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this recipe makes a light and easy meal that's pleasing every season of the year.



SUMMER SQUASH WITH PORK SAUSAGE RICE

Nutritional Facts:

Pork and cheese are both great sources of protein, zinc, iron; vitamins B12, niacin and B6. While squash, peppers, and tomatoes together are high in dietary fiber; iron, folate, calcium, potassium; manganese, antioxidants; and vitamins A, C, E, and K. All this helps digestive and heart health; blood pressure and cholesterol levels, reduces inflammation; boosts immune function and energy levels, as well as protect against osteoporosis, cancer, and diabetes.

Ingredients (Serves 4):

- 2 cups chicken broth
- 1 cup long-grain white rice, uncooked
- 2 tablespoons butter, divided
- ½ teaspoon Italian seasoning (mix of basil, oregano, rosemary, parsley & garlic powder)
- 2 cups summer squash or zucchini, diced in quarters
- 1 clove garlic, minced
- 1 small tomato, diced
- ½ cup grated parmesan cheese
- salt & pepper to taste
- 1 tablespoon parsley, chopped


Optional: 4 pork sausage patties and 1 large green pepper, chopped into bite sized pieces


Instructions:

1. Bring chicken broth, rice, 1 tablespoon of butter, and Italian seasoning to a boil. Reduce heat to a simmer and cover. Cook 15 minutes or until rice is tender.
2. Meanwhile, heat remaining butter over medium heat in a small skillet. Add summer squash, green peppers, and garlic and cook just until squash is tender, about 5 minutes and set aside.
3. Cook sausage patties in skillet until cooked through. Remove from skillet and cut into bite sized pieces.
4. Once rice is cooked, stir in cooked squash, sausage pieces, tomato, parmesan cheese, and salt & pepper to taste. Cover and let rest 5 minutes.
5. Garnish with parsley and additional parmesan cheese if desired.

Serve, Eat & Enjoy!

Recipe adapted from: www.spendwithpennies.com

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