

Kielbasa and Veggie Salad

Courtesy of Carole's Creations

Prep Time: 8 minutes

Cooking Time: 8-10 minutes

Serves: 3

CChints: You can purchase

2/3 less fat Turkey Kielbasa sausage with less than 10 grams a fat per serving and only 1 carb. If you are using a nonstick skillet you will want to use oil because cooking sprays can damage a nonstick surface.* Kalamata olives are a greenish-black-purple olive of medium size from Greece. They have a pungent, intense flavor and often served in Italian and Greek salads and dishes.



Cooking Spray or 1 tablespoon oil *

14 ounce Turkey Kielbasa sausage, sliced 1/3 inch thick

1 cup zucchini, sliced 1/3 inch thick

1/2 of a medium onion, sliced thin

Salt and pepper to taste

1 tomato cut into bite size pieces

1/4 cup Kalamata olives, seeded and sliced

Bag of pre-washed lettuce blend

Balsamic Dressing:

3 tablespoons Extra Virgin olive oil

1 tablespoon Balsamic vinegar

1 glove garlic, minced

1/8 teaspoon sugar or sweetener

1/2 teaspoon Dijon or Dijonnaise mustard

Optional: Serve with whole grain rolls or bread

Cut up the sausage and vegetables. Heat oil in a nonstick skillet* to medium heat. Add the sausage and vegetables to the skillet. Salt and pepper to taste and stir occasionally for 8-10 minutes until everything is slightly brown.

During this time you can prepare your olives, tomatoes and make the dressing. To make the dressing, whisk together in a small bowl, the olive oil through mustard.

Turn the heat off and pour the mixture into a bowl to cool before assembling your salad.

Divide the lettuce among the 3 plates/bowls and top with sausage mixture and then the olives and tomatoes. Whisk the dressing and pour over the salads. Salt and pepper to taste, enjoy.