



## Sausage & Onions + Kale Salad

Cook Time: 15 Minutes

Pederson's uncured smoked sausage with grilled onions; served with an organic kale, carrot salad, tossed with lemon and orange dressing.

Ingredients are subject to availability

### Ingredients:

Turkey or Chicken Sausage, Onion, Hot Sauce, Kale, Carrot, Cranberries/Raisins, Orange, Lemon, Herbs, Almonds

### Things You May Need:

- Grill or Grill Pan
- Large Bowl
- Sharp Knife
- Cutting Board

# Sausage & Onions + Kale Salad

## Ingredients:

link sausage

2-3 hot sauce

1 onion

carrots

radishes

cranberries

kale mix

orange

lemon/lime

herbs

## Instructions:

1. Slice the onion into 1/2 inch rings. Preheat a grill pan or skillet over medium-high heat. Add the sliced onions to the pan and cook for 2 minutes. Then add the sausage and brown for a few minutes on each side. Remove sausage from pan and slice into sections. Return to the pan with the hot sauce (if desired) and continue cooking until heated through and onions have softened.
2. Make the salad: Wash the kale salad mix and shake or spin to remove any excess water. Thinly slice the carrots and radishes. Combine salad mix, carrots, radishes and cranberries in a bowl.  
Make the dressing: mix together the juice of 1/2 orange and lemon, herbs, 1/4 cup olive oil and salt and fresh ground pepper. Toss dressing with salad until well combined.
3. Serve sausage and onions on a plate over kale salad. Enjoy!