



Sausage and Garden Vegetable-Stuffed Peppers

Courtesy LadyFingers Private Chef and Catering Service

6 servings

Ingredients:

- 3 large bell peppers
- 4 Italian sausage links (I highly recommend Steve's Garlic Sausage (handmade) from Robinson Market District)
- 1 small vidalia onion, chopped
- 1 small zucchini, diced
- 3 plum tomatoes, seeded and chopped
- 1 bunch basil leaves, torn
- hot sauce (optional)
- grated parmesan cheese (optional)

Instructions:

1. Heat grill to medium.
2. Cut each bell pepper in half lengthwise through stem. Remove seeds and ribs. Set aside.
3. Squeeze sausage from casings into medium skillet and heat over medium-high heat. Break up sausage with a spoon and stir. As sausage cooks, use a potato masher to further break up sausage into small pieces.
4. When sausage is cooked through, transfer to a bowl and set aside.
5. Add chopped onions and diced zucchini to skillet and sauté until starting to soften. Add chopped tomatoes and torn basil and heat through, stirring constantly.
6. Add hot sauce, to taste, if desired and stir to combine. Add sausage back into skillet and stir again.
7. Spoon sausage mixture into bell pepper halves. Press the stuffing down, packing tightly. Top with a pinch of freshly grated parmesan, if desired.
8. Place the peppers into a lightly greased baking dish. Place the baking dish on a baking sheet and place the baking sheet onto the grill (do not place the baking dish directly onto the grill or the bottoms of the peppers will burn).
9. Close the grill lid and grill/bake for 20 minutes or until the peppers are crisp-tender.