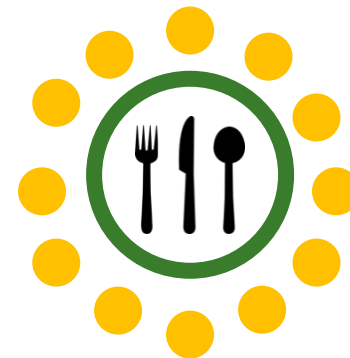


recipe of the week:

Spicy Cajun Asparagus and Sausage Skillet



ingredients:	directions:
1 bunch asparagus chopped into 2" pieces	1. Prepare all ingredients by dicing and chopping all vegetables and the sausage. Bring the 2 cups of water to a boil in a medium sized pan.
2 cups water	2. Add chopped asparagus to boiling water and set timer for 5 minutes. While asparagus is boiling, add oil to a skillet over medium heat and add potatoes and add potatoes and carrots in a single layer.
4 red potatoes, cubed	3. Once asparagus has boiled for 5 minutes and turned bright green drain pot and set aside. Allow potatoes and carrots to cook for 15 minutes or until they begin to soften.
2 carrots sliced into ¼" pieces	4. Push potatoes and carrots to the edges of the skillet and add onions, peppers, and sausage to skillet. Add seasoning to skillet and cook for an additional 10 minutes or until onions have softened and sausage has browned.
1 green bell pepper, diced	5. Add asparagus to skillet to and thoroughly mix all ingredients so they have all been evenly coated in the seasoning. Serve warm.
½ medium yellow onion, diced	
1 package (14 oz.) smoked sausage sliced into ½" pieces	
2 tsp Cajun seasoning	
½ tsp salt	
½ tsp black pepper	

Presented by:

