

Pork

Quick Tomato/Sausage Skewers

Tifton Gazette

Servings: 4

Start to Finish Time: 30 minutes

1 pound Italian Sausage Links, Cut in 2-inch pieces

1 yellow bell pepper, Cut in 8 pieces

1/3 cup prepared balsamic or Italian salad dressing

4 (about 2 pounds) fully ripened fresh tomatoes, cut in wedges

Preheat grill or broiler.

Thread sausage slices and pepper pieces onto skewers; brush with dressing and place skewers on grill or broiler pan.

Grill sausage and pepper until sausage is cooked through, about seven minutes on each side.

Thread tomato wedges lengthwise (through skin) onto skewers; brush with dressing and add to the grill or broiler pan.

Grill until tomatoes are hot and skin is lightly browned in spots, about four minutes on each side.

Per Serving (excluding unknown items): 401 Calories; 36g Fat (80.8% calories from fat); 16g Protein; 3g Carbohydrate; trace Dietary Fiber; 86mg Cholesterol; 830mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable; 5 1/2 Fat.