TURKEY SAUSAGE AND PEPPERS RECIPE



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1 1/4 pounds lean Italian turkey sausage. 2 tablespoons extra-virgin olive oil. 3 assorted bell peppers, thinly sliced. 1 bulb fennel, trimmed and chopped

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Turkey Sausage And Peppers Recipe Genius Kitchen

This is my own recipe for sausage & peppers. Using turkey sausage as opposed to pork can save up to half the amount of fat as the original dish.

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Turkey Sausage And Bell Peppers Weight Watchers Style

Recipe comes from the new cookbook by weight watchers. 2 points per serving serve with salad and garlic bread.

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Enjoy a generous portion of this low-carb, protein-packed entr e for just 205 calories per serving! The sliced bell peppers add great color and crunch, and twirl up like pasta on your fork.

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Turkey Sausage with Peppers and Couscous. This simple and tasty recipe uses mild or hot turkey sausages coupled with a mix of colorful fresh peppers over couscous.

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Turkey Sausage with Peppers and Onions Martha Stewart

Gently toss peppers, onions, garlic, oregano, oil, and sausages in a large bowl. Transfer to an 11-by-17-inch rimmed baking sheet. Bake, gently tossing about halfway through, until sausages are cooked through and vegetables are tender, 50 to 55 minutes.

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Turkey Sausage and Peppers recipe Epicurious com

Preparation. In a skillet cook the sausage in 1/2 cup of the water, covered, over moderate heat for 20 minutes and add the onion, the fennel, and the bell peppers.

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