Zucchini Chicken Sausage Skillet

From the kitchen of Sheri Graham, Stanford Graduate School of Business

Ingredients

- 2 zucchinis
- 1 yellow squash
- Onion
- Garlic
- 2 chicken sausages
- Cherry or grape tomatoes
- Olive oil
- Italian seasoning
- Brown rice/quinoa

Directions

1. Cook sausages in the skillet. Cool then slice into small rounds.
2. Add 1 tablespoon of olive oil and all remaining ingredients to the skillet.
3. Sauté until tender/crisp.
4. Add sausage back in and heat through.
5. Serve over rice or quinoa.