Grilled Sausage with Summer Squash and Fresh Herbs

Servings: 4



Kielbasa may be used as a substitute for the italian sausage.

1 1/2 lb. mixed summer squash (zucchini and yellow), cut into 1-inch chunks

2 Tbs. extra-virgin olive oil

Kosher salt and black pepper

1 lb. Italian sausage links (chicken or pork)

1/3 cup mixed herbs, such as cilantro, parsley, mint, and basil, chopped

1 Tbs. capers, rinsed

1 Squeeze fresh lemon juice

Prepare a medium-hot grill fire.

Toss the squash with the olive oil in a medium bowl; season to taste with salt and pepper. Cut the sausage into 1-inch chunks.

Grill the squash and the sausage, turning frequently, until the squash is just tender and the sausage is cooked through, 8 to 12 minutes. Toss the squash and sausage with the herbs and capers. Season with lemon juice, salt, and pepper.

Barbeque, Capers, Company Main Course, Keeper, Sausage, Summer (Yellow) Squash, Zucchini

Per Serving (excluding unknown items): 76 Calories; 7g Fat (73.0% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.