

Maple-Glazed Sausages

Easter Sunday Country Style | March 2008



We used Wholesome Harvest Organic Smoked Pork Breakfast Sausage. Look for these at a local market or at wholesomeharvest.com.

PREP: 5 MINUTES COOK: 20 MINUTES

2 12-OZ. PKG. (24 LINKS TOTAL) WHOLESOME HARVEST ORGANIC BREAKFAST SAUSAGES OR TWO 12-OZ. PKG. (8 TOTAL) WHOLESOME HARVEST ORGANIC PORK BRATWURST

1/4 CUP PACKED BROWN SUGAR

1/4 CUP PURE MAPLE SYRUP

2 TSP. DRY MUSTARD

Halve sausages, if desired, and cook or heat through in a 12-inch skillet according to package directions. Drain fat from skillet. Meanwhile, in a small mixing bowl stir together sugar, syrup, and mustard; add mixture to skillet with sausages. Cook, uncovered, over medium heat for 3 to 4 minutes or until sausages are glazed, stirring frequently. Serve immediately. Makes 8 to 12 servings.

Per serving: 164 cal., 3 g total fat (1 g sat. fat), 43 mg chol., 501 mg sodium, 15 g carbo., 0 g dietary fiber, 13 g protein.