



Italian Sausage & Peppers Sandwich

A sandwich with roasted garlic spread, sauteed onions & peppers, with ground turkey Italian Sausage

I decided to add this one in, so that you folks would have a reason to make my Italian sausage meat mix, which is totally awesome. So... this is my play on a typical sausage and pepper sandwich. My ground turkey breast Italian sausage, with sauteed peppers, onions and a roasted garlic (optional) spread on the buns. You can even add a little marinara if you to it, if you want. I won't judge.

Servings Info.:

Yields: 6 sandwiches
Servings: 6
Serving Size: 1 sandwich



R - D

0-0

- last checked 03/30/24 -
Listed Points DO NOT INCLUDE BREAD! Use
whatever bread you want, then add my points.

Ingredients:

- 1lb batch of my Italian Sausage meat mix (pg 25), formed into (6) 3oz sausage links (*see pg. 44 for guide*)

Roasted Garlic Spread (*prepared just like on pg. 74, but with these measurements*)

- 16-20 garlic cloves, skin on, 1 side trimmed off
- 1/4 tsp olive oil**
- olive oil cooking spray**
- 1 Tbsp water
- 1/2 cup plain fat free greek yogurt
- 1 tsp light mayonnaise
- 1 Tbsp white wine vinegar (or distilled white)
- 1 tsp garlic powder
- 1 tsp worcestershire sauce
- 1/4 tsp each: pinch of salt and pepper

Additional Ingredients:

- Low carb hot dog buns or any bread rolls o' choice
- 1 large onion, sliced
- 1 large red AND green bell pepper, sliced

Directions:

- 1 Roast your garlic cloves ahead of time, as described on pg. 74. Then, mash the garlic and mix the remaining 'spread' ingredients together. Set aside in the fridge, covered for at least 1 hour.
- 2 While your roasted garlic spread is resting... slice the onions and bell peppers, then saute them in a large pan, with cooking spray and a little salt and pepper. Cook them for 6-7 minutes, or until the onions and peppers have started to soften and slightly brown. Set aside.
- 3 Cook your Italian sausages as directed on pg. 44-45, choosing to either pan fry or grill them, your choice.
- 4 Toast your buns or bread, if desired.
- 5 **To Serve:** Smear a dollop of the roasted garlic spread onto the 'bottom' half of each bun. Place a mound of the cooked onions and peppers onto the bottom bun, then place an Italian sausage on top. Done.

Notes:

- **MARINARA:** You can also add a little bit of marinara sauce onto your sandwich as well. You can make my 5 minute marinara from pg. 16, or use whatever brand you want. Adjust points if necessary.