



# Curried Sausage & Potato Skewers

From Betty Crocker



## Ingredients



- 8 (8-inch) bamboo skewers
- 1 lb. baby red potatoes, cut into 1-inch pieces
- 1/2 cup apple cider vinegar
- 1 Tbsp sugar
- 1 Tbsp olive oil
- 1/4 tsp salt
- 1/2 cup ketchup
- 2 Tbsp curry powder
- 2 Tbsp water
- 4 links fully cooked Aidell's All Natural Chicken & Apple Smoked Chicken Sausage, cut diagonally into 6 pieces
- 1 tsp dill

Yield: 4

Serving Size: 2 skewers



## Directions



1. In a 2 quart sauce pan, place potatoes; cover with water. Heat to boiling over medium-high heat. Cook 12-15 minutes or until potatoes are tender; drain.
2. While potatoes are cooking, in a medium bowl, beat vinegar mixture; set aside. In a small bowl, beat ketchup, curry powder and 2 Tbsps. water with a whisk; set aside.
3. Spray a 10 inch skillet with cooking spray. Cook and stir sausages over medium-high heat 3-5 minutes or until brown. Remove from heat; cool slightly.
4. Set oven control to broil. Cover large cookie sheet with parchment paper. Thread potatoes and sausages alternately on skewers; place on cookie sheet. Brush with curry mixture. Broil 4-6 inches from heat; 3-4 minutes or until brown. Sprinkle with dill.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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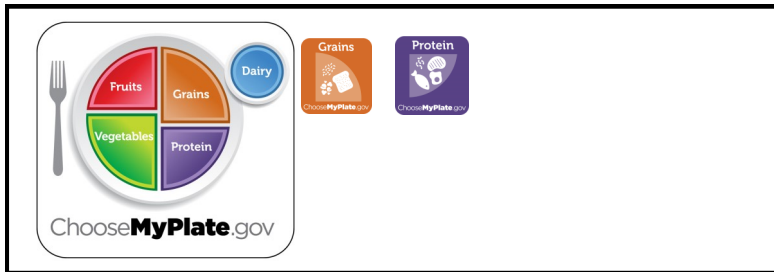
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# Fast Facts



## Featured Food Groups



## Cooking Tips

- Add onions or bell peppers
- Substitute various types of potatoes: sweet or purple potatoes or yams
- Use a low fat sausage

## Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

**Calories** **500**

% Daily Value\*

**Total Fat** 17g **22%**

Saturated Fat 4.6g **23%**

Trans Fat 0g

**Cholesterol** 80mg **27%**

**Sodium** 1070mg **47%**

**Total Carbohydrate** 68g **25%**

Dietary Fiber 8g **29%**

Total Sugars 17g

Includes 3g Added Sugars **6%**

**Protein** 21g **42%**

Vitamin D 0mcg **0%**

Calcium 137mg **10%**

Iron 5.7mg **30%**

Potassium 1674mg **35%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

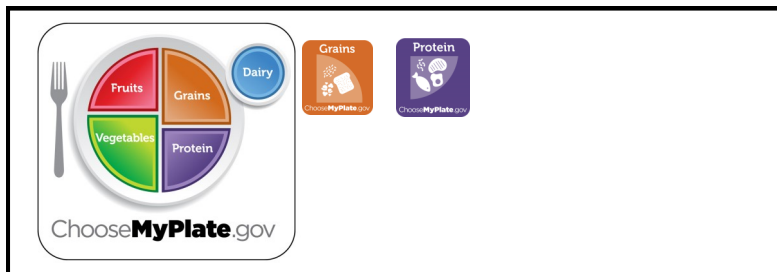
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