



#MakeItGAP

RECIPES

GRILLED SAUSAGE AND MUSHROOM BOWLS

YIELD: Serves 4

INGREDIENTS:

FOR THE GRAIN BOWLS:

1 cup uncooked millet or other favorite grain (or 4 cups cooked grains)

1/2 cup chimichurri, pesto, or other favorite flavorful sauce

For the grilled sausages and vegetables:

FOR THE SAUSAGES AND VEGETABLES:

1 pound cremini or baby bella mushrooms

2 heads romaine lettuce

1 bunch green onions

2 1/2 tablespoons olive oil

4 chicken or pork sausages, any favorite kind

Salt and pepper

PREPARATION:

Prepare the grains according to package instructions, letting them cook while you prepare the rest of the recipe. The grains can be cooked several days in advance. Reheat before serving.

Prepare one side of the grill for direct grilling and one side for indirect heat. The grill is ready when you can hover your hand 3 to 4 inches above the hot side of the grill for only a couple of seconds before feeling discomfort.

Cut smaller mushrooms into halves and larger mushrooms into thick, 3/4-inch slices. Skewer the mushrooms through the stem, from bottom to top, so they will lay flat on the grill. Cut the heads of romaine into quarters through the root. The wedges should remain attached at the root. In a small bowl, mix two and a half tablespoons olive oil with a heavy pinch of salt and black pepper. Brush the oil evenly over all of the mushrooms, the green onions, and the romaine, and set aside.

Brush grates with a bit of extra oil and place the sausages and mushrooms on the cooler side of the grill.

Close the lid and cook for 5 minutes, then flip the sausages and mushrooms. Close the lid and cook for another 3 to 5 minutes, or until sausages are almost entirely cooked through. (If your sausages are pre-cooked, they just need to be warmed through.) Move the sausages and mushrooms to the hot side of the grill and cook on each side for 1 to 2 minutes until they show grill marks and are caramelized. Transfer the sausages and mushrooms to a platter to rest while you grill the rest of the vegetables.

Place the green onions and romaine halves on the hot side of the grill, and grill for about one minute on each side. Transfer to a serving platter. Slice each sausage into three large pieces. Fill each bowl with 1/2 to 1 cup of cooked grains and top with a few pieces of sausage, some green onions, some mushrooms, and a wedge of romaine. Drizzle with chimichurri and top with fresh herbs.

Recipe adapted from simplyrecipes.com