

Recipe of the Week



al fresco® TERIYAKI GINGER CHICKEN SAUSAGE SESAME STIR-FRY

- 4 links (one 12 oz pkg) al fresco® Teriyaki Ginger Chicken Sausage
- 2 tsp sesame oil
- 1 Tbsp soy sauce, low sodium
- 2 tsp fresh ginger root, minced
- 2 cloves garlic, finely diced
- 1 cup fresh mushrooms, sliced
- 1/2 lb asparagus spears, trimmed and cut into 1 inch pieces
- 1 medium yellow onion, diced
- 1 large red pepper, cut into 1 inch pieces
- 1 Tbsp sesame seeds

Heat oil in large skillet or wok. Add onion, veggies and sausage, sliced on the diagonal into 1/2" pieces. Stir fry over medium high heat until tender but crisp for about 5 minutes. Add soy sauce and sesame seeds.



Another great recipe from www.bv.bm