

15-minute Trader Joe's Skillet

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Adapted from jess larson | plays well with butter

Serves 4

a 15-minute skillet dinner with quinoa, kale, trader joe's chicken sausage, & trader joe's arrabiata sauce. weeknight cooking could not be easier (or more delicious!) than this 15-minute trader joe's skillet!

Prep Time: 15 min

Cook Time: 15 min

Total Time: 30 min

Ingredients

- 1 tablespoons olive oil
- ½ yellow onion, diced
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 8 oz chicken sausage links, thinly sliced (the spinach & feta & the spicy italian from Trader Joe's are both great!)
- ½ cup mushrooms, sliced
- 2 cups spinach
- 1 cup cooked quinoa
- 1 cups tomato sauce (I love Trader Joe's Arrabiata!)
- 2 ounces fresh mozzarella cheese
- salt and ground pepper, to season
- for serving: extra crushed red chili flakes, thinly sliced basil, parmesan cheese



Instructions

1. Cook the aromatics. Pour the olive oil into a skillet over medium heat. Add in the peppers, onion, & a pinch or two of salt. Sauté, stirring occasionally, for about 5 minutes, until softened & translucent.
2. Brown the sausage. Add sliced chicken sausage & sliced mushrooms to the skillet to brown for another 5 minutes. Stir occasionally, to avoid burning, but you want the sausage & mushrooms to get good & brown. this is where the flavor happens!
3. Once the sausage & mushrooms are good & browned, add in the spinach, quinoa, & tomato sauce. Cook until the spinach begins to wilt & the sauce begins to bubble, about 3 minutes.
4. Arrange the cheese over the top of the skillet allow it to melt, about 2 minutes longer.
5. Enjoy!