



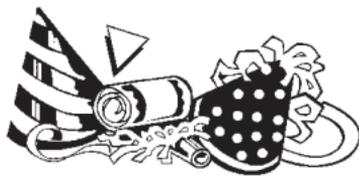
# Holiday Fare



*Festive  
recipes featuring  
flavorful  
sausage...*







**I**t's that time of year. The calendar is filled with holiday parties and celebrations. Entertainers comb their recipe boxes and cookbooks for new and different recipes for dinners, buffets and cocktail parties.

This year, the National Hot Dog and Sausage Council offers nine outstanding recipes that satisfy all your entertaining needs, from a make-ahead breakfast dish to simplify Thanksgiving morning, to appetizers for your New Year's festivities. Each of these recipes offers the savory flavor that sausage brings to dishes and many recipes offer low-fat substitutions.

These recipes feature three types of sausages that should be handled and prepared differently. Dry and semi-dry-sausages, like salami and pepperoni, can be consumed right out of the package. Cooked sausages, like smoked sausages, should be reheated



according to package directions before consuming. Fresh sausages, like fresh Italian or chorizo, are made of uncooked, ground meat and should be cooked thoroughly to 160 degrees internal temperature before serving.

**F**or more information on cooking and handling sausages, as well as additional recipes and nutrition information, visit the Council's web site at <http://www.hot-dog.org>. With the click of a button, you can be added to the mailing list for notification about future recipe books.

Happy holidays from the National Hot Dog and Sausage Council!



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# INTERNATIONAL QUESADILLAS WITH CILANTRO SOUR CREAM

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*Entertain your guests with quesadillas, perfect for passing on a tray or for a first course at an informal dinner party. A fun appetizer to serve to the young and the young at heart.*



*Portion: 10-15 appetizer servings*

- $\frac{2}{3}$  cup sour cream
- 3 Tbsp. fresh cilantro, washed, dried and chopped
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. freshly ground black pepper
- $\frac{1}{2}$  pound ready-to-eat PEPPERONI or LOW-FAT TURKEY PEPPERONI, sliced thin
- Vegetable cooking spray
- 10 8-inch flour tortillas, chili or salsa flavored preferred
- 3  $\frac{1}{3}$  cups Monterey Jack cheese, grated
- 1 7-ounce jar roasted sweet red peppers, drained and chopped
- 1 small red onion, chopped
- 1-2 fresh jalapeno chiles, seeded and minced
- 2  $\frac{1}{2}$  teaspoons dried oregano leaves

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**1** Combine sour cream, cilantro, salt and pepper in a serving bowl. Cover and refrigerate until serving.

**2** In a 12-inch skillet, over medium heat, cook pepperoni slices for 3-4 minutes. Drain and transfer to a small bowl. Wipe skillet clean of pan drippings.

**3** For each quesadilla, spray the skillet with cooking spray, place a tortilla in the skillet, sprinkle with  $\frac{1}{3}$  cup cheese, cover with a layer of drained pepperoni slices, 2 teaspoons red peppers, 1 teaspoon onion,  $\frac{1}{8}$  teaspoon jalapeno, and  $\frac{1}{4}$  teaspoon oregano.

**4** When the cheese is melted and all ingredients are hot, fold the tortilla in half, pressing the edges together.

**5** Cut each quesadilla into 3 wedges; serve warm with cilantro sour cream.

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#### Nutritional Information (per 15 servings)

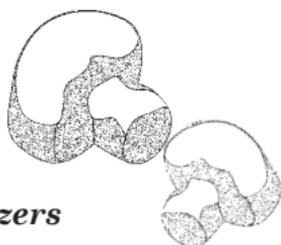
<b>Regular Pepperoni</b>		<b>Low-fat Turkey Pepperoni</b>	
Calories	300	Calories	267
Protein	12 grams	Protein	14 grams
Carbohydrates	20 grams	Carbohydrates	20 grams
Fat-total	19 grams	Fat-total	14 grams
Cholesterol	45 mg	Cholesterol	46 mg
Sodium	606 mg	Sodium	635 mg

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# SAUSAGE AND MUSHROOM SAVORY TART

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*This savory tart is a lovely first course at a dinner party. Or cut the tart into 8 portions to serve as a luncheon entree.*



*Portion: 15 First-Course Appetizers*

- 1 pound FRESH BULK SAUSAGE
- 1 cup red bell pepper, diced
- 1 ½ cups green onions, diced
- 1 Tbsp. canola oil
- 1 pound assorted mushrooms (portabella, cremini, button), cleaned and sliced
- 3 eggs
- 1 cup heavy cream
- ½ tsp. dried thyme
- ½ tsp. dried marjoram
- ½ tsp. dried oregano
- ½ tsp. dried savory
- ¼ tsp. dried rosemary, crushed
- ¼ tsp. freshly ground black pepper
- ½ package (17.3 ounce) frozen puff pastry sheets (1 sheet), thawed
- Vegetable cooking spray
- ⅔ cup Parmesan cheese, grated
- Fresh thyme sprigs for garnish

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**1** In a large skillet, over medium heat, cook sausage until brown, breaking the meat into small pieces. Drain well on paper towels. Reserve 1 tablespoon pan drippings, discard remaining pan drippings.

**2** Sauté red pepper and green onions in the reserved pan drippings until soft. Remove to a bowl and reserve.

**3** Add canola oil to the skillet and sauté the assorted mushrooms until all the liquid has evaporated, about 10 minutes.

**4** Whip the eggs and cream together. Stir in the herbs and pepper.

**5** Unfold thawed puff pastry onto a lightly floured surface. Roll into a 16"x12" rectangle.

**6** Lightly spray the bottom of a 15"x11" baking pan with vegetable cooking spray. Place the pastry into the pan, pressing the edges up the sides of the pan.

**7** Layer the ingredients in the pastry as follows; sausage pieces, mushroom slices, pepper/onion mixture. Slowly pour the egg/herb mixture evenly over the tart. Sprinkle the cheese on top.

**8** Bake in a preheated 375 degree F. oven until the pastry is golden brown and the filling is cooked through, about 25-30 minutes. Remove from the oven and let stand for 5 minutes before cutting into squares.

**9** Serve warm on warm plates. Garnish with fresh thyme sprigs.

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### **Nutritional Information**

(per appetizer serving)

Calories	338
Protein	10 grams
Carbohydrates	18 grams
Fat-total	26 grams
Cholesterol	81 mg
Sodium	325 mg

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# SAUSAGE STUFFED ACORN SQUASH

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*A perfect way to enjoy the autumn harvest. Treat your holiday guests to this hearty side dish or serve as a luncheon entree.*



*Portion: 4 servings*

- 2 1-pound acorn squash
- $\frac{1}{4}$  tsp. canola oil
- Vegetable cooking spray
- $\frac{1}{2}$  pound FRESH BULK SAUSAGE, mild
- $\frac{1}{2}$  cup celery, chopped fine
- 1 cup Granny Smith apple, peeled, cored, and chopped fine
- $\frac{1}{2}$  cup fresh bread crumbs (white)
- $\frac{1}{4}$  tsp. sage leaves
- 2 Tbsp. brown sugar
- $\frac{1}{4}$  cup apple jelly

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**1** Preheat the oven to 400 degrees F. Cut the acorn squash in half lengthwise and scoop out the seeds. Brush a tiny bit of oil on the cut edges of each squash half. Spray a baking sheet with vegetable cooking spray. Place the squash, cut side up on the baking sheet, cover tightly with foil and bake until tender, about 35-40 minutes.

**2** Meanwhile, over medium heat, cook the sausage until it is no longer pink, breaking the sausage into small pieces. Drain the sausage on paper towels. Reserve 1 teaspoon pan drippings, discard remaining pan drippings.

**3** Over medium heat, cook the celery in the reserved 1 tablespoon pan drippings for 2 minutes, add the apple and continue to sauté for 2-3 minutes.

**4** Remove from the heat and stir in reserved sausage, bread crumbs, sage and sugar.

**5** When the acorn squash is cooked, remove from the oven and reduce the oven temperature to 350 degrees F. Cool the squash until the shells can be handled. Scoop out the pulp, leaving a ½ inch shell. Combine the squash pulp with the sausage and apples. Mix well.

**6** Mound sausage mixture into the shells. Top each with 1 tablespoon apple jelly.

**7** Return to the 350 degree F. oven and bake uncovered until sausage is cooked through, about 25 minutes.

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### Nutritional Information

(per serving)

Calories	316
Protein	9 grams
Carbohydrates	50 grams
Fat-total	10 grams
Cholesterol	24 mg
Sodium	419 mg

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# CHORIZO PICADILLO

*This Caribbean or Central American dish is a blend of many flavors.*

*Serve the picadillo over rice and complete the meal with a crisp green salad and crusty bread. The picadillo may also be used as a stuffing for chili peppers or a filling for tostadas.*



*Portion: 4 entree servings*

- $\frac{3}{4}$  pound CHORIZO SAUSAGE, casing removed and sliced thin
- $\frac{3}{4}$  pound lean ground beef
- $\frac{1}{2}$  cup onion, chopped
- 2 garlic cloves, minced
- 1 14.5-ounce can peeled and diced tomatoes, with juices
- $\frac{3}{4}$  tsp. ground cinnamon
- $\frac{1}{4}$  tsp. ground cloves
- $\frac{1}{4}$  tsp. cumin
- $\frac{1}{2}$  cup raisins
- $\frac{1}{4}$  cup pimiento-stuffed green olives, drained and sliced
- $\frac{1}{2}$  cup slivered blanched almonds
- 4 cups cooked white rice
- $\frac{1}{2}$  cup Monterey Jack cheese, grated

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**1** In a large heavy skillet, over medium heat, cook the chorizo and beef until the meat is no longer pink, stirring to break up the meat into small pieces.

**2** Drain pan drippings, and add the onion and garlic. Sauté until the onion is soft.

**3** Add the tomatoes, cinnamon, cloves and cumin. Reduce heat to low, cover and simmer for about 20 minutes, stirring occasionally.

**4** Stir in the raisins, olives and almonds. Continue to cook, uncovered for 5-10 minutes, or until the picadillo has thickened.

**5** Serve over rice and sprinkle with cheese for garnish.

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### **Nutritional Information**

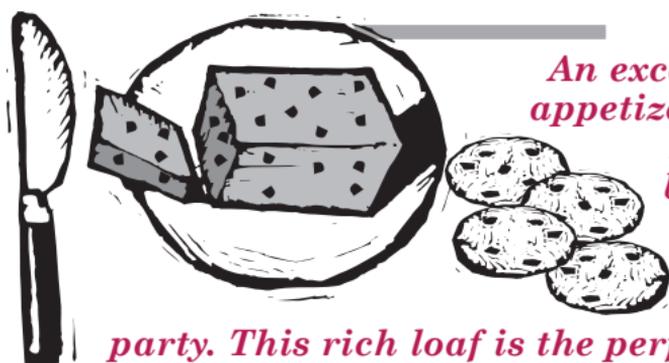
(per serving)

Calories	828
Protein	42 grams
Carbohydrates	76 grams
Fat-total	40 grams
Cholesterol	111 mg
Sodium	971 mg

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# COUNTRY PATE

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*An excellent  
appetizer for a  
holiday  
buffet or a  
first  
course at  
a dinner*

*party. This rich loaf is the perfect make-ahead party food. Serve with baguette slices or crackers.*

*Portion: 15 whole slices or 30 triangular slices*

- 1 Tbsp. canola oil
- 1 pound chicken livers, washed in cold water and drained
- $\frac{1}{2}$  cup Madeira
- 2 Tbsp. brandy
- 3 large eggs
- 2 Tbsp. all purpose flour
- $\frac{1}{2}$  tsp. dried rosemary
- $\frac{1}{2}$  tsp. ground allspice
- $\frac{1}{2}$  tsp. freshly ground black pepper
- 1 pound FRESH BULK SAUSAGE, mild
- 8 strips bacon

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**1** Heat oil in a large skillet over medium heat. Sauté chicken livers until brown and all pink color disappears, about 10 minutes. Remove from the pan with a slotted spoon and cool for about 10 minutes.

**2** Preheat the oven to 350 degrees F.

**3** In the bowl of a food processor, fitted with the metal blade, combine the cooked chicken livers,

Madeira, brandy, eggs, flour and seasonings. Process for a few seconds until thoroughly pureed. Add uncooked sausage and continue to process on the pulse speed until all ingredients are well blended.

**4** Line the bottom and sides of a 7 inch pate mold or a 8-½ x 4-½ inch loaf pan with the bacon strips. Spoon the mixture into mold. Bring the bacon strips up over the top of the mixture. Cover tightly with foil.

**5** Place the mold in a large baking dish and add hot water to half the depth of the mold. Bake in the hot water bath in the preheated oven for 1 hour, 45 minutes, or until the internal temperature reaches 160 degrees F. (If not using a pate mold with tiny holes, drain off the fat.)

**6** Cool on a wire rack. Cover and refrigerate, at least 12 hours so flavors may mature.

**7** To serve, unmold onto a serving platter and remove the bacon strips. Cut into ½ inch slices and cut again, on the diagonal, to make triangular slices.

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### **Nutritional Information**

(per triangular slice serving: 30 portions)

Calories	79
Protein	5 grams
Carbohydrates	2 grams
Fat-total	5 grams
Cholesterol	95 mg
Sodium	90 mg

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# BREAD STUFFING WITH SAUSAGE

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*Highlight the holiday favorite of bread stuffing by adding flavorful sausage. Loosely stuff the turkey with about 3/4 cup stuffing for each pound of turkey.*



*Serves: 10-12*

- 1 pound FRESH BULK SAUSAGE
- 2 cups onion, chopped
- 1 cup celery, chopped
- 1 tsp. dried thyme
- 1 tsp. sage
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- ¼ cup fresh parsley, chopped
- 1 pound toasted bread crumbs from firm white sandwich bread (10 cups)
- 1 egg, beaten
- 1 to 1-½ cups homemade turkey or low-sodium chicken stock

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**1** In a large skillet, over medium heat, cook the sausage until brown, breaking the sausage into small pieces. Drain well on paper towels. Reserve 1 tablespoon pan drippings, discard remaining pan drippings. Reserve sausage.

**2** Add the onions and celery to the warm skillet and sauté in the reserved pan drippings until the vegetables are soft. Remove from the pan; reserve.

**3** In a 4 quart bowl, mix the herbs with the dried bread crumbs. Stir in the reserved sausage and vegetables. In a small bowl, mix the egg and  $\frac{1}{4}$  cup stock together, stir into the bread mixture. Slowly add the remaining poultry stock to the bread to yield a lightly moist bread mixture.

**4** Stuff the bird with sausage dressing, and roast in a 325 degree F. oven until the bird reaches 170 degrees F. in the breast, and the sausage stuffing reaches 165 degrees F.

**N**ote: The stuffing may also be baked separately in a large buttered, covered baking dish at 350 degrees F. for about 35-45 minutes or until heated through.

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### **Nutritional Information**

(per 12 servings)

Calories	253
Protein	10 grams
Carbohydrates	31 grams
Fat-total	10 grams
Cholesterol	35 mg
Sodium	792 mg

# HEARTLAND SMOKED SAUSAGE SOUP

*A hearty soup that reflects the bounty of America's heartland. Serve with hot crusty bread, for either a first-course or add a salad to make a complete meal.*



*Serves 6*

- 1 4-ounce box wild rice
- 7 cups homemade chicken broth or low-salt chicken broth, divided
- 1 pound frozen corn kernels, divided
- Vegetable cooking spray
- ½ pound SMOKED SAUSAGE or LOW FAT SMOKED SAUSAGE, sliced into 1/8" slices
- ½ tsp. dried thyme
- 1 cup carrots, peeled and thinly sliced
- 1 cup onion, diced
- 1 cup half and half cream

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**1** Place raw rice in a large fine strainer and wash under cold running water until the water is clear. Over medium heat and in a medium saucepan, combine rice and 2-½ cups broth. Bring to a boil, cover and simmer until all the broth is absorbed, about 40-45 minutes .

**2** Meanwhile, place 2 cups corn and 1 cup broth in a food processor and process for several seconds until the corn is pureed. Reserve.

**3** Spray the bottom of a 5 quart Dutch oven with vegetable cooking spray and place over medium heat. Stir in the sliced sausage and sauté for about 4-5 minutes. Stir in thyme, carrots and onions; sauté until the vegetables are tender-crisp. Stir in the remaining broth (3-½ cups) and bring the soup to a quick boil. Reduce the heat to low, cover and simmer for about 10-15 minutes.

**4** Stir in the remaining whole corn, reserved corn puree and rice. Cover and continue to simmer for about 15 minutes.

**5** Reduce heat to low, stir in cream and heat for 2-3 minutes. Serve hot.

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### Nutritional Information

(per serving)

#### Regular Sausage

Calories	399
Protein	19 grams
Carbohydrates	40 grams
Fat-total	19 grams
Cholesterol	50 mg
Sodium	732 mg

#### Low-Fat Sausage

Calories	306
Protein	15 grams
Carbohydrates	44 grams
Fat-total	8 grams
Cholesterol	41 mg
Sodium	489 mg

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# MEDITERRANEAN SAUSAGE & CHEESE BRUNCH

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*Holiday entertaining is made easy with this company breakfast/brunch casserole. Mix the ingredients together the night before, cover and refrigerate overnight. Bake the next morning while preparing a winter fruit salad accompaniment. This is a perfect dish for a busy holiday morning.*



*Serves: 8-10 entree portions*

- $\frac{2}{3}$  cup sun-dried tomatoes, chopped (non oil pack)
- 1 cup boiling water
- 1 pound ITALIAN SAUSAGE or LOW-FAT TURKEY ITALIAN SAUSAGE
- $\frac{1}{2}$  cup red onion, chopped
- 7 large eggs
- 1 quart whole milk
- 1 tsp. salt
- $\frac{1}{4}$  tsp. freshly ground black pepper
- 1 tsp. dried thyme
- 12 slices day-old firm whole wheat or white sandwich bread, crusts removed & cubed
- $\frac{1}{2}$  cup Parmesan cheese, grated
- Vegetable cooking spray
- 1 cup Provolone cheese, grated
- $\frac{1}{3}$  cup Feta cheese, well crumbled

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**1** In a medium bowl, pour boiling water over the tomatoes. Allow to soften, about 15 minutes. Drain well.

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**2** Squeeze the sausage from the casings into a large skillet. Over medium heat, sauté the sausage until brown, breaking the meat into small pieces. Drain well on paper towels. Reserve 1 teaspoon pan drippings, discard remaining pan drippings. Sauté the onion in the reserved pan drippings until soft. Reserve.

**3** In a 2-½ quart bowl, slightly whisk the eggs, add milk, salt, pepper and thyme. In a 4 quart bowl, mix together the bread, cooked sausage and onion, drained tomatoes and Parmesan. Pour the eggs/milk into the bread/sausage mixture and mix well.

**4** Spray a 13x9x2-inch baking dish with the cooking spray. Pour the ingredients into the baking dish; cover and refrigerate overnight.

**5** Next morning, preheat the oven to 350 degrees F. Place a baking sheet on the lowest rack in the oven to catch any spills. Bake, uncovered, until the top is nicely browned and puffed, about 45-50 minutes. Sprinkle the Provolone and Feta cheeses on top and continue to bake until the cheeses melt, about 5 minutes.

**6** Cool for about 10 minutes before cutting.

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### Nutritional Information (per 10 servings)

Regular Sausage		Turkey Sausage	
Calories	334	Calories	304
Protein	20 grams	Protein	22 grams
Carbohydrates	18 grams	Carbohydrates	19 grams
Fat-total	20 grams	Fat-total	16 grams
Cholesterol	197 mg	Cholesterol	201 mg
Sodium	970 mg	Sodium	965 mg

# SAUSAGE AND EGGPLANT BAKE

*For easy holiday entertaining, try this light version of sausage and pasta.*

*The eggplant provides a light touch for this make-ahead party dish. Bake and place on the buffet.*



*Serves 8-10*

- ½ pound dried twist pasta such as rotini or gemelli
- 1 pound ITALIAN SAUSAGE or LOW-FAT TURKEY ITALIAN SAUSAGE
- ½ cup green pepper, seeded and chopped
- 1 cup onion, chopped
- 1 clove garlic, minced
- 1 1-pound eggplant, peeled and cut into 1/2" cubes
- 1 14.5-ounce can peeled and diced tomatoes, with juices
- 1 6-ounce can tomato paste, Italian style preferred
- 1 tsp. marjoram
- 1 tsp. basil
- ¼ tsp. dried crushed red pepper
- ¼ tsp. freshly ground black pepper
- 1 tsp. salt
- Vegetable cooking spray
- ½ pound part-skim Ricotta cheese
- 2 cups part-skim mozzarella cheese, divided
- ⅓ cup Parmesan cheese

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**1** Prepare pasta according to package directions. Drain.

**2** Meanwhile, squeeze the sausage from the casings into a large, deep skillet. Over medium heat, lightly brown the sausage, stirring until it crumbles. Remove the sausage from the pan with a slotted spoon and drain on paper towels. Reserve.

**3** Reserve 2 tablespoons pan drippings and discard remaining pan drippings. Sauté the green pepper, onion, and garlic in the reserved pan drippings for 2-3 minutes. Stir in the eggplant and cook until the vegetables are soft, about 8 minutes.

**4** Add tomatoes, paste, herbs, peppers and salt. Reduce heat to low, cover and simmer about 8-10 minutes, stirring occasionally.

**5** Crumble sausage into small pieces. Add sausage and pasta. Mix well.

**6** Spray a 13x9x2-inch baking dish with vegetable cooking spray. Place half of the sausage mixture in the dish. Top with all of the Ricotta cheese and 1 cup mozzarella cheese. Spoon on the remaining sausage mixture. Add the remaining mozzarella and all of the Parmesan. (May be made ahead to this point, covered and refrigerated for several hours.)

**7** Cover with foil and bake in a preheated 350 degree F. oven until bubbly, about 30-35 minutes. Let stand for a few minutes before serving.

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## Nutritional Information

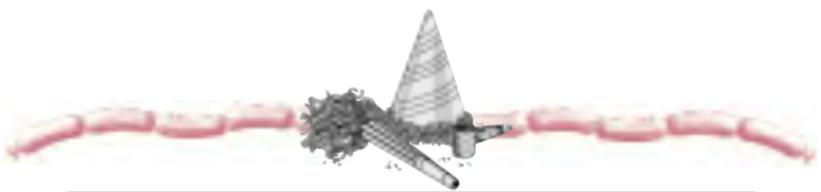
(per 10 servings)

### Regular Sausage

Calories	335
Protein	18 grams
Carbohydrates	28 grams
Fat-total	17 grams
Cholesterol	47 mg
Sodium	927 mg

### Low-Fat Sausage

Calories	305
Protein	20 grams
Carbohydrates	28 grams
Fat-total	13 grams
Cholesterol	51 mg
Sodium	922 mg



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