

# **Sausage, Shrimp & Quinoa Skillet**

**1 teaspoon canola oil**

**6 ounces spicy chicken sausage links, casings removed**

**1 (8-oz.) pkg. chopped onion, pepper, and celery blend**

**1/2 pound medium shrimp, peeled and deveined**

**1 teaspoon Creole seasoning**

**3 1/2 cups frozen cooked quinoa (such as 365 Everyday Value)**

## **How to Make It Step**

- 1. Heat oil in a large nonstick skillet over medium heat. Add sausage to pan; cook 5 to 7 minutes or until browned and cooked through, stirring to crumble. Add vegetables to pan; cook 3 to 4 minutes or until tender.**
- 2. Add shrimp and Creole seasoning to sausage mixture in pan; cook 2 to 3 minutes, stirring occasionally. Stir in quinoa; cook 1 to 2 minutes or until shrimp are done and quinoa is thoroughly heated.**

**From: Jim Greco**