



Grilled Sausage Salad with Berry-Peach Cobbler



Aprons Advice:

- Complete your meal with steamed vegetables, crusty bread, and lemonade.
- To bake the cobbler instead, preheat oven to 400°F. Prepare following recipe instructions, then bake 35–40 minutes or until the sauce is bubbly and thick, and the topping is golden.

COOKING SEQUENCE

- Prepare cobbler and begin to grill (10 minutes)
- Prepare salad; serve cobbler when complete (40 minutes)

BERRY-PEACH COBBLER

Ingredients

2 large fresh peaches
1 lemon, for zest/juice
8 tablespoons cold unsalted butter
2 cups fresh (or frozen) berries (such as blueberries, blackberries, raspberries, strawberries)
1 (7-oz) package berry muffin mix, divided
Cooking spray
Vanilla ice cream or whipped topping (optional)

Steps

1. Preheat grill on medium. Peel peaches (if desired) and cut into 1/2-inch-thick slices (about 3 cups). Zest lemon (1 teaspoon); squeeze for juice (1 tablespoon). Cut butter into small cubes.
2. Combine in large bowl: peaches, berries, zest, juice, and 1/4 cup muffin mix; stir until mixed. Combine butter and remaining muffin mix in second bowl until mixture resembles coarse crumbs. Coat 10-inch cast iron skillet with spray. Pour fruit mixture evenly into skillet; sprinkle with crumb mixture.
3. Place on grill and cover; grill 25–30 minutes or until sauce is bubbly and thick, and topping is golden. Let stand 10 minutes to cool. Serve with ice cream or thawed whipped topping, if desired. (Makes 9 servings.)

GRILLED SAUSAGE SALAD

Ingredients

1 small red onion
4 large fresh peaches, halved
Cooking spray
4 hot (or mild) Italian sausage links (about 1 lb)
1/4 cup raspberry vinaigrette
1 teaspoon ground cumin
2 tablespoons fresh mint, coarsely chopped
5 oz spring salad blend
1/2 cup crumbled goat cheese

Steps

1. Preheat grill. Cut onion into 1-inch-thick slices; halve peaches (remove pits). Coat onions and peaches with spray.

2. Place sausage on grill; cook 8–10 minutes, turning occasionally, or until grill-marked and 160°F. Grill onions and peaches 2–3 minutes on each side, or until grill-marked and onions are tender. Whisk vinaigrette and cumin.
3. Slice sausage; roughly chop onions, peaches, and mint (leaves only). Place all ingredients (except dressing) in salad bowl. Add dressing; toss to coat, then serve.

NUTRITIONAL INFORMATION

Berry-Peach Cobbler

CALORIES (per 1/9 recipe) 220kcal; FAT 14.00g; SAT FAT 7.00g; TRANS FAT 0.00g; CHOL 30mg; SODIUM 100mg; CARB 25g; FIBER 1.00g; SUGARS 15g; PROTEIN 1g; CALC 6%; VIT A 0%; VIT C 0%; IRON 6%

Grilled Sausage Salad

CALORIES (per 1/4 recipe) 380kcal; FAT 23.00g; SAT FAT 8.00g; TRANS FAT 0.00g; CHOL 45mg; SODIUM 630mg; CARB 25g; FIBER 3.00g; SUGARS 18g; PROTEIN 17g; CALC 6%; VIT A 0%; VIT C 0%; IRON 10%