

Low-Point Sautéed Sausage and Grapes with Kale

Ingredients:

- 1 1/2 Tbs olive oil, divided
- 3, 4 oz. sweet or spicy sausage links, casings removed
- 3 cups green seedless grapes, halved
- 1/4 tsp. kosher or sea salt
- 1/8 tsp. pepper
- 1/3 cup red onion, chopped
- 1 Tbs garlic, minced
- 1/4 cup white wine
- 1 tsp. red wine vinegar
- 8 cups kale, chopped
- shaved parmesan, optional

In a large skillet, heat one tablespoon of olive oil over medium-high heat. Add sausage and saute' until thoroughly cooked (breaking apart with a wooden spatula or spoon as you stir). Remove sausage to a plate when cooked and add remaining olive oil, grapes, salt, pepper, onion, and garlic to same skillet. Saute' for several minutes, stirring constantly. Add white wine and red wine vinegar, stir and let liquid reduce by half. Throw in kale and saute' until kale is slightly wilted. Add fresh grapes (if desired) to each serving and enjoy!

Total servings - 4

Serving size - 1

Points per serving - 7; Serving size with 2 Tbs shaved parmesan - 8)

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"If I could give you one thing in life, I would give you the ability to see yourself through my eyes; only then would you realize how special you are to me." - Anonymous