


SAUSAGE
 AUTHENTIC ITALIAN RECIPES

FRITTATA DI ANTONIO WITH ITALIAN SAUSAGE

2 links of Spolumbo's Italian Mild, Spicy or Chicken Apple Sausage

1 tablespoon of olive oil

2 cloves garlic (chopped fine)

6 eggs

1/2 cup milk

1/2 cup of chopped fresh spinach

black pepper to taste



Heat olive oil in a deep fry pan on medium. Cut sausage into bite-size portions and cook until brown. Add garlic, cook for 3 minutes. Beat eggs and milk together. Add to pan with spinach and pepper cook until eggs are of desired consistency. Serves 2.



MILD ITALIAN SAUSAGE

Ingredients: Our prime pork, water, salt, spices.

Calories	Protein	Fat	Carbohydrate
143	12g	10g	0.8g



Look for Spolumbo's Mild Italian Sausage at your local grocery store.