



THE ingles TABLE

Chef Derek St. Romain

Country Skillet Medley

- 1lb Kielbasa sausage
- 1 each Red, Green and Yellow bell peppers
- 1 large red onion
- 4 or 5 assorted local tomatoes
- Fresh local squash and zucchini
- 2-3 stalks of celery
- Fresh garlic and loads of butter and fresh herbs to top.

This recipe is just fabulous and you don't need a single dish, pot or pan! We just cut up all the ingredients and left them in large pieces, sprayed them all with pan release spray and placed right on the grill. Let everything cook for about 10-12 minutes, turning every 3 minutes. Once everything is done, platter it up and share with the whole family or group.

