

Antipasto Sausage Skewers

Shopping List:

Protein

- ☐ 12 ounces fully cooked Italian-style poultry sausage, cut into 1-inch pieces

Produce

- ☐ 1/2 cup lightly packed fresh basil

Canned/Jarred

- ☐ 1 12-ounce jar roasted red peppers, drained, rinsed and cut into 1-inch pieces
- ☐ 2/3 cup sun-dried tomatoes, cut into 1-inch pieces if large
- ☐ 1 14-ounce can artichoke hearts, drained and quartered

Other

- ☐ Nonstick cooking spray