

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING STUFFED TURKEY SAUSAGE SKILLET BAKED “SAUSAGE CUPS”

SALAD

ARUGULA & ORANGE SALAD WITH BALSAMIC

INGREDIENTS

6 cups arugula
2 oranges, peeled and segmented
1/3 cup shaved parmesan (optional)
1/4 cup toasted walnuts (optional)
2 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp honey (optional)
Salt and black pepper

PREPARATION

Whisk olive oil, balsamic, honey, salt, and pepper.
Toss arugula with dressing.
Top with orange segments and parmesan/walnuts if using.

PRESENTATION

Serve on a platter, letting the citrus sit on top. Finish with extra pepper.

ENTREE (MEAT-CENTERED): ITALIAN-STYLE STUFFED TURKEY SAUSAGE SKILLET (BAKED “SAUSAGE CUPS”

Works great for the “stuffed” idea—your turkey sausage is the star and the filling is mixed into baked sausage portions.

INGREDIENTS

1 lb Turkey Italian Style Sausage (mild or hot), casings removed (loose sausage)
1 small onion, finely diced
1 bell pepper, finely diced
2 cloves garlic, minced
1 tbsp tomato paste (optional)
1 tsp Italian seasoning
1/2 tsp red pepper flakes (optional)

1/2 cup marinara sauce (or crushed tomatoes)
1/2 cup breadcrumbs
1/2 cup grated parmesan (optional)
1 egg (optional, helps bind)
Salt and pepper
2 tbsp olive oil

PREPARATION

Cook the base: Heat olive oil in a skillet. Sauté onion and bell pepper until soft, 6–8 minutes. Add garlic 30 seconds.

Brown sausage: Add turkey sausage; cook until fully browned, breaking it up, 8–10 minutes.

Season & simmer: Stir in tomato paste, Italian seasoning, red pepper flakes (if using), and marinara. Simmer 3–5 minutes.

Make it “stuffed”: Turn off heat. Stir in breadcrumbs (and parmesan). If it feels loose, mix in the egg.

Shape & bake: Preheat oven to 400°F (205°C). Scoop mixture into 8–10 portions on a parchment-lined tray (or form a loaf and slice). Bake 15–20 minutes until set and lightly browned.

Serve warm: Spoon any extra sauce on top.

PRESENTATION

Arrange “sausage cups” on a warm plate. Garnish with chopped parsley (optional) and a drizzle of marinara.

TWO SUGGESTED SIDE DISHES

SIDE A: GARLIC ROASTED POTATOES

INGREDIENTS

1.5 lb baby potatoes, halved
3 tbsp olive oil
4 cloves garlic, minced
1 tsp kosher salt
1/2 tsp black pepper
1 tsp rosemary (optional)

Preparation

Heat oven to 425°F (220°C).

Toss potatoes with oil, garlic, salt, pepper, and rosemary.

Roast 25–35 minutes, tossing once, until crisp.

PRESENTATION

Serve family-style in a bowl; add a final pinch of salt.

Side B: Simple Lemon Butter Green Beans

Ingredients

1 lb green beans (trimmed)
2 tbsp butter
1–2 cloves garlic, minced
2 tbsp chicken stock or water
1 tbsp lemon juice
Salt and pepper

PREPARATION

Blanch green beans in boiling salted water 2–3 minutes; drain.
Sauté garlic in butter 30 seconds. Add beans and stock; simmer 2 minutes.
Stir in lemon juice and season.

PRESENTATION

Plate with a glossy finish; serve immediately.

DESSERT: WARM VANILLA BERRY CRUMBLE

INGREDIENTS

3 cups berries (fresh or frozen)
1/3 cup sugar
1 tbsp lemon juice
1 tbsp cornstarch
1 cup rolled oats
1/2 cup flour
1/3 cup brown sugar
1 tsp cinnamon (optional)
6 tbsp cold butter, cubed
Pinch of salt

PREPARATION

Heat oven to 350°F (175°C).
Toss berries with sugar, lemon, and cornstarch; spread in a baking dish.
Mix oats, flour, brown sugar, cinnamon, and salt. Cut in butter until crumbly.
Sprinkle over berries; bake 35–45 minutes until bubbling and golden.
Rest 10 minutes.

PRESENTATION

Serve warm in bowls (great with vanilla ice cream if available).

WINE PAIRING

RECANATI MERLOT GALILEE ISRAEL

Why this is the best choice: Merlot's medium body and smooth red-fruit profile pair well with Italian-style turkey sausage, balancing the savory spices and tomato notes without overpowering the dish.