

MAY 2026 MAKE & TAKE



Sausage & Veggies Skillet

Participants must have access to internet as the Make & Take will be done virtually, sessions will be pre-Recorded and sent out via email prior to pick up. Ingredients must be picked up on Wednesday, May 20th, at the SMHWC from 11:45am -1:15pm. **Sign up is May 4th-8th.** We will be drawing names for the virtual Make & Take. We will contact you on Monday, May 11th if your name has been chosen.

Contact Violet Azzolina, Community Health Representative to sign up!

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ATTENTION: MAKE & TAKE ACTIVITIES ARE MADE POSSIBLE THROUGH GRANT FUNDING. PICTURES OF YOUR COMPLETED CREATIONS MUST BE SUBMITTED TO VIOLET. PICTURES ARE PART OF THE VERIFICATION OF APPROPRIATE FUNDING USE TO OUR GRANTOR, WHICH ALLOWS US TO CONTINUE TO PROVIDE THIS PROGRAM. FAILURE TO DO SO MAY EFFECT YOUR FUTURE ELIGIBILITY.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

MAY 2026

MAKE & TAKE

Sausage and Veggies Skillet

INGREDIENTS

- 2 CUP CORN KERNELS (3 EARS COMPLETELY COOKED)
- 1 TABLESPOON OLIVE OIL
- 12 OZ SAUSAGE COOKED, SUCH AS CAJUN SAUSAGE, ANDOUILLE SAUSAGE, OR SMOKED SAUSAGE
- 1 LARGE RED BELL PEPPER DICED
- 1 LARGE ZUCCHINI LARGE, SLICED
- ½ TEASPOON CHILI POWDER
- FRESH CILANTRO CHOPPED



INSTRUCTIONS:

COOK SAUSAGE

1. HEAT 1 TABLESPOON OLIVE OIL IN A CAST-IRON SKILLET ON MEDIUM HEAT.
2. SLICE COOKED SAUSAGE INTO COINS AND ADD TO THE SKILLET.
3. COOK ON MEDIUM HEAT IN A CAST-IRON SKILLET FOR 5 MINUTES ON ONE SIDE, THEN FLIP OVER AND COOK FOR ABOUT 3 MINUTES ON THE OTHER SIDE. REMOVE FROM SKILLET TO A LARGE PLATE.
4. YOU WILL HAVE OIL FROM THE SAUSAGE. LEAVE SOME OIL IN THE SKILLET FOR THE VEGGIES. REMOVE EXTRA OIL TO A SMALL, HEAT-PROOF BOWL, AND RESERVE.

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PREPARE VEGGIES

1. TO THE SAME, NOW EMPTY, SKILLET ADD DICED BELL PEPPER, AND COOK FOR ABOUT 4 MINUTES ON MEDIUM HEAT. YOU MIGHT HAVE TO ADD SOME OF THE RESERVED OIL TO THE SKILLET TO PREVENT VEGGIES FROM STICKING TO THE BOTTOM OF THE PAN. REMOVE COOKED BELL PEPPER TO THE SAME LARGE PLATE WITH SAUSAGE.
2. TO THE SAME, NOW EMPTY, SKILLET ADD SLICED ZUCCHINI, AND COOK FOR ABOUT 3 MINUTES ON MEDIUM HEAT. YOU MIGHT HAVE TO ADD SOME OF THE RESERVED OIL TO THE SKILLET TO PREVENT VEGGIES FROM STICKING TO THE BOTTOM OF THE PAN.
3. SLICE CORN KERNELS OFF THE COB WITH A KNIFE.

ASSEMBLY

1. IN THE SAME SKILLET COMBINE TOGETHER COOKED SAUSAGE, COOKED BELL PEPPER, COOKED ZUCCHINI, AND COOKED CORN KERNELS. MIX EVERYTHING WELL. ADD RESERVED OIL FROM COOKED SAUSAGE, AND MIX. ADD CHILI POWDER AND REHEAT ON LOW HEAT.
2. REMOVE FROM HEAT. TOP WITH CHOPPED CILANTRO.
3. NOTE: I DON'T THINK SEASONING THIS DISH WITH SALT IS NECESSARY AS THE SAUSAGE IS USUALLY QUITE SALTY. HOWEVER, USE YOUR BEST JUDGMENT AND SEASON WITH SALT, IF NEEDED. ✨

