



Pork Sausage Saute

1 lb Organic Free Range Pork Sausage bulk
10 leaves of swiss chard - rinsed
1 clove of garlic
½ tsp of mustard seeds

In a fry pan over medium heat saute pork sausage till no longer pink inside. Peel and crush garlic, chop add to pan. Chop chard and add to pan toss mustard seed and stir until chard is slightly wilted. Serve warm over quinoa, rice or amaranth. OR spoon into butter leaf lettuce.

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