

Trim Healthy  
W I S D O M

## Two Ingredient Smoked Sausage Bowl (S)

What could be simpler? Smoked sausage and zucchini... all seasoned up, hot and crispy together. There's nothing not to love about this bowl for lunch or dinner... from speed to ease to taste. Go make it!

When you are on a wisdom journey, be mindful when choosing your smoked sausage for this recipe. You'll want to keep your sausage reasonably lean but having said that, there is no need for ultra-lean as we are in S mode. Just remember that if your CLBM is still on its way back and not yet all the way restored... you don't want ultra-fatty sausage. If your sausage is on the fattier side, stick to 4 ounces rather than 6.

### Single Serve Recipe

#### INGREDIENTS:

- 2 small or 1 very large zucchini or yellow summer squash (sliced thinly)
- 4 - 6 oz smoked sausage of choice (sliced thinly; choose from chicken, turkey, beef or pork)
- 2 tsp butter or coconut oil
- Seasonings of choice (Creole seasoning, [TH Mineral Salt](#), black pepper, etc.)
- 1 sprinkle [TH Nutritional Yeast](#) (optional)

#### INSTRUCTIONS:

1. Set a large fry pan to medium/high heat. Spray the pan lightly with coconut or olive oil cooking spray. Lightly sprinkle your favorite seasoning over the sausage slices (we like Creole seasoning). Brown the slices on both sides, then remove them from the pan and put them into your bowl.



2. Turn the pan down to medium, add the butter or oil, let it melt, and then add the zucchini slices. Season them lightly, sprinkle on some Nutritional Yeast, if using, and then let them cook, tossing a few times until both sides are browned.
3. Return the sausage slices to the pan for half a minute or so. Toss together with zucchini until heated through then transfer back to your bowl.

### Protein Nerd Notes:

Your Protein Nerd Level 3 requirements are fully supplied here if you use around 5 ounces of sausage. If having less, add another small amount of protein to your meal in the form of a powder mixed with liquid, such as a 1/4 serving of [TH ESSENTIAL](#) or one of our other Optimized Protein Powders.