

Kielbasa and Hominy

By: Dottie Baltz

If you use a lower fat kielbasa and keep within the recommended serving sizes, it's a healthy filling meal. We love it for a Sunday Brunch or a light lunch.

Serves 2

1 medium cooking onion, diced

1/2 tablespoon butter

4 oz. of turkey kielbasa (or a low fat polish kielbasa), sliced thin

1 15 oz. can hominy, drained

1 teaspoon ground black pepper

In a nonstick pan on medium heat, melt butter and cook onion until they start to caramelize. Add sliced kielbasa and cook an additional 2 minutes, browning the kielbasa as it cooks. Add drained hominy and cook until heated through. Add black pepper, stir and serve.

You can also add up to 8 oz. of kielbasa to this dish without having to adjust the amount of hominy, if your diet will allow.

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