



---

## Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# *Warm Chicken Sausage and Potato Salad*

**Prep Time:** 5 mins

**Cook Time:** 30 mins

**Total Time:** 35 mins

## **Ingredients**

- 1 pounds potato(es), small, cut in half
- 1 bag lettuce, arugula, 5-ounce bag (about 4 cups, gently packed)
- 12 ounce(s) sausage, chicken, precooked, cut crosswise into 1/2 pieces
- 1/3 cup(s) vinegar, cider
- 1 tablespoon maple syrup
- 1 tablespoon mustard, Dijon, or whole-grain mustard
- 1 tablespoon extra-virgin olive oil
- pepper, black ground, to taste

## **Preparation**

1. Bring 1 inch of water to a boil in a Dutch oven. Place potatoes in a steamer basket and steam, covered, until just cooked through, about 15 minutes. Transfer to a large bowl and add arugula; cover with foil to keep warm.
2. Cook sausage in a medium skillet over medium heat, stirring often, until browned and heated through, about 5 minutes. Add to the potato-arugula mixture.
3. Remove the pan from the heat and whisk in vinegar, maple syrup and mustard, scraping up any browned bits. Gradually whisk in oil. Pour the dressing over the salad and toss until the arugula is wilted. Season with pepper.

