Lithuanian Sausage Appetizers
*Courtesy of Crooked Creek Farm*

**Ingredients**
- 1 pound Lithuanian sausage
- 1/2 of a yellow onion
- 1 stalk celery
- Salt and pepper in water

**Directions**
1. Add sausage, onion and celery to pot of boiling water.
2. Boil 20 minutes or until sausage is 145°F.
3. Remove sausage, cut into 1-inch rounds and serve with toothpicks.

Grilled Lithuanian Sausage
*Courtesy of Crooked Creek Farm*

**Ingredients**
- 1 pound sweet peppers (green, red and yellow, if available) seeded and cut into eighths
- 2 large yellow onions, peeled and cut into large coins
- 3 to 4 tablespoons extra virgin olive oil, more to taste
- 1/4 teaspoon salt, more to taste
- 2 pounds of Lithuanian sausage

**Directions**
1. Prepare your grill for cooking.
2. Meanwhile, toss peppers and onions with oil and sprinkle with salt. Lightly prick sausages all over so that they do not burst.
3. Cook the peppers and onions in the pan or grill until they are soft, about 10 to 12 minutes.
4. Place the sausages on the grill, cover and cook, turning occasionally until they are cooked through, 8 to 10 minutes.
5. Mix sausages, peppers and onions and serve.
Sausage and Noodles

*Courtesy of Al Spoler*

**Ingredients**
- 6 cups low sodium chicken broth
- 12 ounces wide egg noodles
- Extra virgin olive oil
- 1 medium yellow onion, peeled and cut into small chunks
- 1 green bell pepper, cored, seeded and cut into long 1/4" strips
- 1 red bell pepper, cored, seeded and cut into long 1/4" strips
- 1 pound fresh spinach, washed and patted dry
- salt and pepper
- 1 teaspoon ground cumin
- 1 teaspoon caraway seeds
- 1 pinch cayenne pepper
- 4 large sausages (Lithuanian, kielbasa, bratwurst or andouille)
- 2 tablespoons grated parmesan cheese

**Directions**
1. In a large, deep sauce pan bring the chicken broth to a boil. Add the egg noodles, bring to a boil again, then reduce heat to simmer. Cook until the noodles are soft and pliable. Strain the noodles and retain the cooking broth. Replace the noodles in the sauce pan, drizzle olive oil on the noodles and toss.
2. Coat the bottom of a deep non-stick skillet with the olive oil. Over medium heat, sauté the peppers and onions, stirring frequently until just tender. Reduce heat to low.
3. Pour 2 cups of the chicken broth into the skillet and bring to a boil. Reduce heat and add the spinach in bunches and wilt it down. Season the vegetables with salt, pepper, cumin, caraway seeds and the pinch of cayenne pepper. Cook for another 10 minutes. Reduce heat to lowest and allow the sauce to reduce.
4. In a small skillet, sauté the sausage until nicely brown. Remove from the skillet and pat dry with paper towels. When cool, cut into 1" pieces and add into the cooked vegetables. Stir well.
5. To serve, make a bed of the noodles on a plate and spoon the vegetables/sausage mixture over. Sprinkle the parmesan cheese over the plate and serve. Serves 4.