

How to Make Vegetarian Sausage with Swiss Chard

With Trini Kaopuiki and Mama T

Trini: Coming up on Living 808...

We're getting healthy and delicious...

With Down to Earth...

Mama T will teach us how to make one of her favorite to-go dishes...

It's got vegan smoked apple sage sausage...

Swiss chard and shiitake mushrooms...

Yum...

Oooh... that does sound really good...

And we know POP fishing marine is the place to go...

Coming up on Living 808...

We are getting healthy and delicious with Down to Earth...

We're making one of Mama T's favorite to-go dishes...

A sauté dish that's easy and fast...

The perfect potluck item for any party...

[Music Playing]

Alright... now it is time to head into the kitchen...

For this month's segment of Healthy and Delicious with Down to Earth...

Today Mama T is sharing one of her favorite to-go recipes...

You're going to love it!

I am back here with Mama T from Down to Earth...

And I am so excited...

Because I was told...

That the dish we're making today is one of your favorites...

Mama T: It is one of my favorites...

And the reason I love to make this dish...

Is because when I bring it to parties...

People can't believe its vegetarian...

And I always love to tell them that...

So even though I see sausage in here...

This is a vegetarian dish...

Mama T: Yes... so... we're actually using smoked apple sage sausage...

With one of my favorite brands...

Field Roast...

And you know... twenty years ago when I became a vegetarian...

It was really hard to find these fabulous ingredients...

But now... it's just like there's hundreds of different choices for me out there...

And it's easy to incorporate these...

And substitute so that you're making your heart happy...

And your health happy...

And your cholesterol...

So this is a really good way to do it...

Mmm... and I can tell it smells so good!

Last month we did grains...

And you actually are pairing this with a grain...

Mama T: Yeah... so we're going to make a sauté dish that has some shiitake, chard...

And this wonderful sausage...

But I like to serve it with some wild rice...

That we get in our bulk section...

And we're going to make a maple cumin wild rice...

And this is just a really, really quick easy way to...

Show you that you can flavor your rice anyway you want...

Just to doctor it up...

You can put curry powders in it...

You can put chili powders... anything.

So today... I'm cooking my rice the same way...

That I always do...

I just put about this much water over... about an inch over it...

And then I am going to put a little cumin powder...

And some salt in there...

And then when its cooled...

When it's all pau...

We're going to just drizzle some maple syrup on it...

And it goes so good with this recipe...

Oh my goodness... alright. Well what is the name of this dish?

[Laughter]

Mama T: It's kinda hard, because I call it a...

Swiss Chard Smoke Apple Sage Shiitake Sauté...

So... now you see why I had her say it...

[Laughter]

Alright... so I'm sautéing the sausage and the onions...

Mama T: So you have... now we're going to add some garlic in there...

Ok...

Mama T: Alrighty... so...

And one sausage link of these has 24 grams of protein...

And it's really easy to eat one all by yourself...

And if you could put a little pinch of salt and pepper right in there...

And I'm going to turn up the heat slightly...

Awesome... so Trini's becoming an expert chef now...

With these wonderful cooking segments...

Healthy and Delicious...

[Laughter]

Trini: I'm trying... I'm trying...

You're a good teacher...

Mama T: And now we're going to also add our beautiful shiitake mushrooms...

That are chopped up over there...

Maybe just half of them Trini...

We don't need to put the whole thing in there...

But they do add a really wonderful meaty delicious component to this...

That's hearty and awesome...

And look how beautiful these shiitake mushrooms are...

So we always have these at our Honolulu store...

And I just am always marveling over them...

Trini: Alright... I know everyone tuning in right now...

Is like... "How can I get the recipe?"

Mama T: Right...

Trini: So you're website...

Mama T: DowntoEarth.org

You can... if you put Swiss chard...

If you put chard or...

You'll find this recipe...

So it'll come up...

And that with 15 other hundred more recipes...

[Laughter]

So... but you know somebody asked me about chard...

And different ways to make it...

It's easy to grow in your garden...

Just like kale is...

This is the rainbow chard... so it has those beautiful colors in it...

But it... you can put it in...

Soups and sautés... that's my favorite way to do it...

I don't really like to put chard in my smoothies...

Because it has more of an earthy flavor...

And so...

Trini: Well... in our next segment I'll be able to try this...

We're going to put all this together...

Mama T: Absolutely...

Trini: And I'll be able to try it...

Alright... Mama T... Down to Earth...

Thank you so much!

Trini: I love Down to Earth!

I do too!

You know it's so fun too...

Especially with my son... I like to go there...

Because with a kid that young...

There's so much they can touch and learn and smell...

Because it's such an organic store...

Trini: And I just want to remind everyone...

Mama T... they have classes at Down to Earth...

Yup... Down to Earth with her...

The one and only...

Trini: And they have a new kitchen at the Down to Earth Honolulu...

You know... we were giggling before...

But Trini... your cooking skills have really gone up a notch...

Since you have been doing these with Mama T...

Trini: Well...she has been wonderful in teaching me how to do it...

But can you see? I'm still not totally comfortable...it almost like I...

You were concentrating... you were very intense...

Trini: And then when she says to add some of this...

I'm like, "no no no... I have to measure it..."

Measure it out... but still very cool...

And I really like to say too...

Because my son... I want him to try vegetarian foods...

And something like that... that looks like sausage...and look like...

Trini: Exactly...yes. I would never have known it was vegetarian...

That's the way to do it...

[Laughter]

Now Down to Earth again has all those amazing recipes...

Now it's always quick and easy to make... people on the go love it...

Check out the recipe on the Down to Earth website:

<https://www.downtoearth.org/how-to-videos/videos/how-to-make-vegetarian-sausage-w-swiss-chard> .