

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sausage Stuffed Bacon Wrapped Dates

From www.paleomg.com

Serves: 20 dates

½ pound ground hot Italian sausage (or ground sausage of your choice) Look for all-natural sausage without nitrates.

20 Medjool dates, pitted

1 pound bacon

hot sauce, for garnishing

1. Preheat oven to 350 degrees F. Line baking sheet with foil.
2. Brown Italian sausage in a pan, break into pieces and cook until no pink remains. Let cool slightly.
3. Cut the side open of each date and stuff with sausage. Wrap with half a piece of bacon, tucking the ends underneath to help keep it secure when cooking. Place on baking sheet and repeat with all dates.
4. Bake for 30-35 minutes or until bacon is crispy (the time will range depending on the thickness of the bacon).
5. Pour just a little bit of hot sauce on top of each date and serve with a toothpick!