

## Spicy Sausage and Bacon Appetizers Ochkoch Community VMCA

Oshkosh Community YMCA

These Spicy Sausage and Bacon Appetizers are loaded with an amazing combination of flavors that will please anyone in the room.

## **Ingredients:**

- 1 package Hot Italian Sausage (or sausage of choice)
- 1 lb. bacon
- 4 oz mild goat cheese
- apricot preserves



- 1. Preheat oven to 425F.
- 2. Slice sausage into 1-inch circles (about 5 per link).
- 3. Slice bacon strips in half.
- 4. Wrap a half-piece bacon around each sausage round. Place onto a baking sheet with a 1 inch "lip". Repeat until all sausage is wrapped.
- 5. Bake for 22 minutes or until sausage is cooked through. Remove from the oven and cool.
- 6. Place a  $\frac{1}{2}$  teaspoon of goat cheese and a teaspoon of apricot preserves on the top of each bacon wrapped sausage. Insert a tooth pick in the center.



## **Nutrition:**

YIELD:

25

SERVING SIZE: 1 bacon wrapped sausage

Amount Per Serving: CALORIES: 105 TOTAL FAT: 8g SATURATED FAT: 3g TRANS FAT: 0g UNSATURATED FAT: 4g CHOLESTEROL: 23mg

SODIUM: 347mg CARBOHYDRATES: 1g FIBER: 0g SUGAR: 0g PROTEIN: 8g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.