

# the Sausage Queen

Get to know Cara Nicoletti, a fourth-generation butcher whose one-of-a-kind products are inspired by a reverence toward family tradition, her craft and the planet.

STORY BY ANNAMARIE HIGLEY RECIPE BY CARA NICOLETTI  
PHOTOGRAPHY BY EMILY KAN MAKEUP BY BRE WELCH

Cara's take on butchery is focused on transparency, sustainability, and creating sausages with unexpected flavor and a wink of whimsy.



at establishments spanning juice bars and supper clubs, Cara became disillusioned by the industry's universal waste problem. "It had been drilled into my head from such a young age that you don't waste anything on an animal," Cara says.

An offer from her employer to do some occasional butchering at the southern eatery where she worked was the last push Cara needed to recommit to her roots. Now she's an advocate for sustainable meat consumption, endorsing a truly omnivorous diet. Her proposal: Let's eat less meat, but let's eat better meat.

Seemore—the name of her company and a homonym of Seymour—is an homage to the family's dear patriarch as well as a nod to Cara's dedication to transparency regarding what's in her products, where those ingredients come from and the environmental impact of shipping them nationwide. She aims to show, literally, how the sausage is made.

She started with sausages because they were "the original sustainability-minded food," Cara says. "Sausages really made eating animals a viable thing because people were able to utilize scraps and preserve meat with salt."

It's this salt—plus other seasonings—that makes sausage worthwhile, according to Cara.

"It's already seasoned and flavored, so it does a lot of the heavy lifting when you're cooking," she says.

Cara is all about the basics, which is what she imagines the meat industry was like when the Salett family first joined it in the

early 1900s. "They were using whole animals. They weren't eating it all the time," Cara says. "It was a treat." And today, by mixing a little of the past with modern practices and palates, Cara aims to create sausages that seem like a treat, too.

A funky logo, a dynamic Instagram page, and a jumpsuit-sporting, 30-something female founder aren't the traditional trademarks of a typical meat company, but that's just the way Cara Nicoletti likes it.

Her company's departure from the norm is beyond sausage-casing deep, too. Seemore Meats & Veggies' chicken and pork links contain 54% less meat than those of competitors—a stat achieved by loading the sausages with veggies and other ingredients, such as cheeses and herbs. Some outside-the-box flavors include Broccoli Melt, Loaded Baked Potato and Chicken Parm.

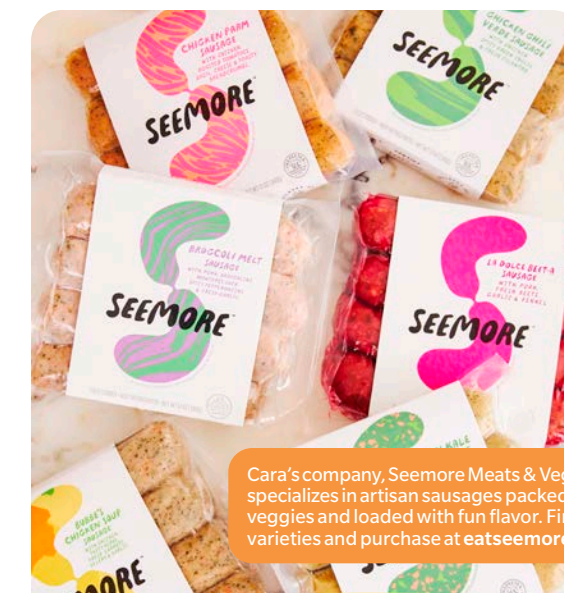
A fourth-generation butcher, Cara has been in the meat industry for 13 years. During childhood, she was a bright-eyed, unofficial apprentice to her now 92-year-old grandfather, Seymour Salett.

For decades, Seymour ran a shop called Salett's Market, located originally in Boston and later in Newton, Massachusetts. Growing up, Cara and her two sisters, who are now a pastry chef and a nurse, spent many days in their grandfather's store, but Cara was the only one taken by the trade, undeterred by the smells, sights and physical exertion involved.

"Sometimes people think of this kind of work as undignified," Cara says. "But my grandfather taught me that helping people feed their families and themselves well is one of the most dignified jobs you can have. That really stuck with me." That, and the way he treated his employees and patrons—"like royalty," Cara recalls.

Cara carried Seymour's customer-service philosophy into her various restaurant jobs throughout college and adulthood but intended to leave the butchery she'd learned from him behind. However, within five years of working

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Cara's company, Seemore Meats & Veggies, specializes in artisan sausages packed with veggies and loaded with fun flavor. Find all the varieties and purchase at [eatseemore.com](http://eatseemore.com).





## Chili Verde Esquites (Mexican Corn Salad)

The sausages add a wallop of flavor in this kicked-up corn salad. We leave half the kernels raw for crunch and quickly pickle shallots and chilis in a bit of lime juice for brightness. Half the Cotija cheese is added for creaminess while the mixture is hot and the other half as a topping once it's cooled.

—Cara Nicoletti, Wellesley, MA

Prep: 20 min. • Cook: 10 min. + cooling  
Makes: 8 servings

- 5 Tbsp. lime juice
- 3 Tbsp. olive oil
- 6 medium ears sweet corn, husked
- 2 shallots, sliced into rings
- 1 serrano pepper, sliced into rings, optional
- 1 pkg. (12 oz.) Seemore Chicken Chili Verde Sausages or fresh chorizo
- 1 Tbsp. canola oil
- ½ cup Cotija cheese, crumbled and divided
- 1 cup roughly chopped fresh cilantro leaves, divided

- 1.** In a large serving bowl, whisk together lime juice and olive oil. Cut kernels off corn cobs. Add half to the serving bowl; stir in shallots and, if desired, serrano. Set aside.
  - 2.** Crumble the sausages into small pieces. In a large cast-iron or stainless steel skillet over medium-high heat, cook and stir sausage in canola oil until golden brown, about 5 minutes. With a slotted spoon, transfer sausage to paper towels.
  - 3.** In same pan, add remaining corn to drippings; cook over high heat, not stirring, until lightly charred on 1 side, 2-3 minutes. Transfer corn to shallot mixture; add sausage and ¼ cup Cotija cheese. Toss to combine; let stand until cooled to room temperature, 15-20 minutes. Stir in ½ cup cilantro. Top with the remaining cilantro and Cotija cheese.
- ¾ CUP** 229 cal., 14g fat (3g sat. fat), 40mg chol., 364mg sod., 18g carb. (6g sugars, 2g fiber), 12g pro.  
**DIABETIC EXCHANGES** 2 lean meat, 2 fat, 1 starch. ●



The Chili Verde Sausages infuse this salad with loads of flavor, including spicy green chilis, garlic, cilantro and cumin.

