

Quality of your ingredients. you will note that i write "Happy" chicken sausages. If you haven't had the chance to check out your local butcher I encourage you to do so. Many "in-house" sausages will be lower in sodium and free range/organic, so they will have less hormones added. and you can even have them made with your favorite seasonings, or maybe you prefer lamb, turkey or bison, they can make those too! Also this is an easy recipe to make gluten free - use rice pasta and ensure you local butcher knows that you need gluten free - many can and will accommodate

8 cups Cooked whole wheat pasta

(I prefer rotini or penne but any will do!)

3 medium	Zucchini w/skin, raw
2 cups	Red pepper, sweet, raw
4 sausages	Happy chicken sausage
1 cup	Cherry tomato, red, ripe,
raw	
2 tbsp	Extra virgin olive oil
4 tbsp	Italian paste w/pesto
2 oz	Organic goat's feta
2 cups	Broccoli flower clusters,
raw	
2-3	Cloves garlic minced



Cook pasta as per directions – 8cups cooked pasta – typically 1 bag of pasta

Sauté up zucchini, peppers, tomato, broccoli and chicken sausage in Olive Oil. Add Italian pesto paste and garlic until veggie and chicken sausage mixture are thoroughly coated

Serve over pasta and crumble feta over just prior to serving.

This can be a great "left-over meal" that you can heat up or even eat straight out of the fridge when life is busy!

AND of course you can add your own favorite veggies, broccoli, snow peas - remember EXPLORE!!!