

Chicken Parmesan Pasta

WITH ZUCCHINI AND SALAD

MADE WITH LOVE

by Teresa Forehand

Ingredients

- 1 bell pepper (any color will work)
- 2 TBS olive oil
- 4 Italian chicken sausages (12 oz) pre cooked – Aldi, Trader Joes, and Costco have great options
- 2 cloves minced garlic
- 28 oz jar of marinara sauce
- 14 oz can of diced tomatoes or a cup of cherry tomatoes
- 28 oz of veggie broth
- 10 oz dry pasta of choice
- 1 TBS Italian seasoning
- 1/2 cup freshly grated parmesan cheese

For the sides

- 2 medium/large zucchini
- 2 cloves minced garlic
- Salt and pepper
- 2 TBS olive oil

Directions

1. Preheat oven to 425 degrees
2. Heat 2 TBS olive oil in skillet
3. While olive oil is heating, chop your bell pepper and sausages. Add to the skillet along with minced garlic. Cook on medium high heat for about 5 minutes until sausages have a nice crispy outside
4. While sausages are cooking, heat 28 oz of broth in the microwave for 5 minutes. While the water is heating and sausages are cooking, dice your zucchini.
5. Line a baking sheet with parchment paper, and add zucchini to the baking sheet. Season with 2 TBS olive oil, 1 tsp salt, ½ tsp pepper, and 2 cloves of minced garlic. Place in the oven for 12 minutes.
6. After the sausages and peppers have cooked for 5 minutes, add marinara, diced tomatoes, boiling water, Italian seasoning and dry pasta to the skillet. Stir well, cover and bring to a boil
7. Turn heat down to a simmer and let cook for about 10 minutes, or until pasta is tender.
8. Top with freshly grated parmesan cheese and enjoy!