



Chicken Sausage & Pepper Pasta

Ingredients

- 1 box brown rice pasta
- 1 yellow pepper, sliced
- 8-10 grape tomatoes, halved
- 1 cup baby spinach
- 4 chicken sausage links, sliced into coins
- $\frac{1}{3}$ cup olive-oil based Italian salad dressing

Directions:

1. In a pot over the stove, prepare pasta according to box instructions; Drain and add back into the pot
2. Add sliced vegetables into pot with pasta; Mix to combine
3. In a skillet over medium-heat, sear chicken sausage for about 2 min on each side; Add into pot with pasta and vegetables
4. Pour in Italian dressing; Toss to coat
5. Serve warm or store in the fridge and serve cold; Enjoy!

Cookware needed:

- Pot
- Skillet

Cost: 

Ease: 

Health Benefit: Chicken sausage is a great source of protein to keep you full and stabilize blood sugar levels. Bell peppers, tomatoes, and spinach are rich in vitamin C for immunity and fiber for gut health.