

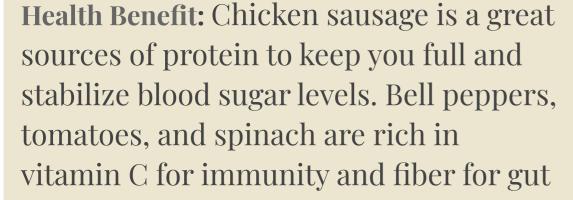


Cost: §

health.



Ease:



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

½ cup olive-oil based Italian salad dressing

Directions:

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

Cookware needed:

Pot

Skillet

