

Sundried Tomato + Sausage Pasta

JOYOUS HEALTH

Ingredients:

- 2-3 mild or spicy turkey, chicken or pork sausages (choose organic)
- 1/2 onion, finely chopped
- 1 garlic clove, chopped
- 2 tbsp extra-virgin olive oil
- 1 bottle (750mL-1L) of low sodium tomato sauce
- 1 tbsp Italian seasoning
- 1/2 cup chopped sundried tomatoes
- 1/2 cup green or kalamata olives
- Your fave pasta

Instructions:

1. Preheat oven to 350°F (180°C). Cover a sheet pan with parchment paper. Place sausage on sheet pan and bake for 20-25 minutes. Remove from oven and let cool slightly. Slice into rounds.
2. Meanwhile, on medium heat sauté onions and garlic in olive oil in a saucepan until slightly translucent. Add tomato sauce, seasoning, sundried tomatoes and olives, mix together. Once the sausage is done, add to sauce. If the sausage is not cooked all the way through, it will continue to cook in the sauce.
3. Boil pasta according to package instructions. Divide pasta among 2 to 3 pasta bowls. Spoon desired amount of sauce on pasta.
4. Top with fresh parsley and nutritionist yeast.

Notes:

Serves 2 to 3.