

Roasted Vegetables with Chicken Sausage & Cilantro Parsley Pesto

Prep time: 20 minutes

Cook time: 20 minutes

Serves 4

Ingredients:

½ cup EVOO

2 large cloves garlic

½ cup pine nuts

½ cup of clean packed cilantro (may substitute for fresh basil)

½ cup of clean lightly packed parsley

1 teaspoon kosher salt

1 bell red bell pepper

½ yellow onion

1 yellow squash

2-3 large zucchini

1 package (1 lb.) Natural Italian Chicken Sausage (Recommend Coleman's)

1. Prepare pesto sauce. Combine EVOO garlic, pine nuts, cilantro, parsley in food processor or blender. Pulse until well combined. Add salt and pulse additional 3-4 times to combine. Taste and adjust salt as needed. Set aside.
2. Clean all vegetables well and heat oven or toaster oven to 365 degrees.
3. Chop bell pepper into 1-inch pieces. Cut yellow squash lengthwise then slice into ¼ inch pieces. Slice onion length wise in ¼ inch strips.
4. Slice chicken sausage into 1-inch pieces
5. Place bell pepper, yellow squash and chicken on sheet pan and drizzle with ½ tablespoon EVOO or Avocado oil. Roast for 20 minutes at 365 degrees, shaking the pan halfway through or stirring lightly with wooden spoon. Check chicken sausage for doneness. Chicken should reach internal temperature of 165 degrees.
6. Thinly slice zucchini for zoodles or use spiralizer to make 3 cups noodles. Approximately one medium zucchini per person.
7. Steam zucchini noodles. In large skillet combine zucchini noodles and ½ tablespoon of water over medium high heat. Cover for 1 minute. Remove lid and allow to steam for additional 1-2 minutes. Pour off any accumulated water. Zucchini should be only slightly blanched to maintain crispness.
8. Add 6 tablespoons of fresh pesto sauce, roasted vegetables, and chicken. Toss all ingredients to combine. Cover and heat through, approximately 2 minutes. Plate and serve immediately.

*This recipe can also be prepared with Chickpea Pasta such as Bonza. Suggest using half pasta and half zoodles if substituting.