

Weeknight Ratatouille Pasta with Chicken Sausage

Nutritional Highlights

- Use your leftover summer sheet pan ratatouille veggies for this quick and easy weeknight meal!
- Whole wheat pasta will incorporate some extra fiber as well as vitamins and minerals

Servings: 4-6

Ingredients

- 12 oz whole wheat penne pasta
- 3 links of Italian chicken sausage, sliced (we love the spicy variety)
- 1 sheet pan of summer ratatouille vegetables
- Olive oil
- Parmesan
- Salt and pepper
- Red Pepper flakes

Directions

- Prepare our Summer Sheet Pan Ratatouille and place in oven or use leftovers from another recipe.
- Cook pasta according to directions and set aside. Save 1 cup of water before draining.
- While pasta is cooking, heat a large non-stick pan over medium heat.
- Add the sliced chicken sausage and stir until heated.
- Add the ratatouille sheet pan vegetables and stir to combine.
- Finally, add the cooked pasta and a small amount of reserved water.
- Cook 3-5 minutes until heated through.
- Adjust seasonings to taste: salt and pepper, parmesan, red pepper flakes etc.
- Enjoy!