

Pesto Pasta with Sausage and Brussels Sprouts (Gluten Free)

Shopping List:

- 2 (nitrate free, no msg added) turkey sausage links, sliced
- 12oz bag Brussels sprouts, trimmed
- 3 tbsp EVOO, divided
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2-3 servings of gluten free pasta (penne, orecchiette, spiral)
- 5 garlic cloves, minced or diced
- 1/3 cup pesto
- grated Parmesan cheese, if desired for serving

Instructions:

1) Preheat the oven to 400* F. Trim the Brussels sprouts and cut in half length wise. Mix the Brussels sprouts with the salt, pepper, and 2 tbsp of EVOO in a bowl.

2) Lay out the Brussels sprouts on a foil lined baking sheet and roast for about 20-25 minutes, or until they are crispy and cooked through.

3) Boil water for the pasta and begin sauteing the turkey sausage slices in 1 tbsp of olive oil. Cook the sausage until it browns. Allow the pasta to cook until done - per the directions on the package you used.

4) Drain the pasta and combine it with the sausage, roasted Brussels sprouts, pesto, and garlic. Allow it to heat up just enough once combined and serve!

This makes 4 servings depending upon bowl size. You can use beef or chicken sausage if you prefer that! You can also substitute in roasted broccoli or cauliflower instead of Brussels sprouts.

