



# Pasta Skillet with Sausage and Vegetables

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~2 cups

## Ingredients

- 8 ounces uncooked whole-grain rotini pasta (half of a 16-ounce box)
- 1 tablespoon olive oil
- 2 cups fresh vegetables, chopped as needed (one type or a combination; e.g. zucchini, mushrooms, broccoli, peppers, onion) or 1 (16-ounce) bag frozen vegetables
- 2 pre-cooked Italian chicken sausage links, cut into ¼- to ½-inch pieces (about 6 ounces)
- 1½ cups marinara sauce (homemade or store-bought)
- 1 teaspoon Italian seasoning
- ½ cup grated or shredded parmesan cheese

## Directions

1. Cook the pasta according to the box directions. Before draining the pasta, measure off ½ cup of the pasta cooking water. Drain the pasta into a colander and set aside.
2. Place the empty pasta pot back on the stove over medium heat. Add the oil and heat until shimmering.
3. Add the selected vegetables. Cook, stirring often, until tender, about 5-7 minutes.
4. Add the sausage and cook, stirring often, for 3-5 minutes.
5. Add the marinara sauce and Italian seasoning. Add the reserved pasta water, as needed, to thin out the sauce if it gets too thick and evaporated as you cook.
6. Cook, stirring occasionally, until simmering, about 4-5 minutes. Then add the cooked pasta and stir to combine.
7. Remove from heat and add the parmesan. Serve warm.

## Recipe Notes

- This dish can be made with any shape of whole-grain pasta you prefer, such as penne, bowties, or rotini. Cooked spaghetti squash or zucchini noodles could be used in place of the pasta, for lower carbohydrates and more fiber.
- Chicken sausage usually comes fully cooked with options for sweet or spicy versions. Any leftover sausage links can be placed in a plastic zip-top bag and frozen for later use.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 13 g | Saturated Fat: 4 g  
Sodium: 570 mg | Total Carbohydrate: 41 g | Dietary Fiber: 6 g | Protein: 17 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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