

SUMMER SPAGHETTI

A FAST, ONE PAN SUPPER THAT QUIETLY SHOWCASES TWO VEGETABLES

INGREDIENTS

- SAUSAGE
- 2 GARLIC CLOVES, MINCED
- 1 CUP CHOPPED BROCCOLI
- SALT & PEPPER TO TASTE
- 1/2 TSP RED PEPPER FLAKES
- 1/4 CUP CHICKEN BROTH
- 2 MEDIUM ZUCCHINIS, SPIRALIZED WITH BLADE C & TRIMMED DOWN
- 1/4 CUP GRATED PARMESAN CHEESE

INSTRUCTIONS

COOK SAUSAGE OVER MEDIUM HEAT, CRUMBLING WITH A WOODEN SPOON. COOK UNTIL BROWNEED AND THEN ADD THE GARLIC AND BROCCOLI. SEASON WITH SALT, PEPPER AND RED PEPPER FLAKES.

ADD THE CHICKEN BROTH AND COOK, COVERED, UNTIL THE BROCCOLI IS NEARLY FORK-TENDER (ABOUT 4 MINUTES).

WHILE BROCCOLI IS COOKING, SPIRALIZE THE ZUCCHINI AND ADD IT TO THE PAN WHEN BROCCOLI IS NEARLY DONE. TOSS WELL TO COMBINE AND JUST HEAT IT THROUGH, DON'T OVERCOOK IT.

REMOVE PAN FROM HEAT WHEN NOODLES ARE WARMED AND ADD PARMESAN CHEESE.

DIVIDE INTO BOWLS AND SERVE.

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