



Fresh Pasta with Sausage & Veggies

directions

1. Sauté onions and sausage over medium heat until sausage is browned.
2. Sprinkle garlic salt and pepper flakes over sausage and stir to combine.
3. While sausage is cooking cut grape tomatoes in half lengthwise.
4. Add fresh peas or beans & tomatoes to sausage mixture and mix gently.
5. Sprinkle cheese, salt, and pepper into pan. Turn heat to medium low. Toss all ingredients together well. Set sauce aside to keep warm.
6. Cook pasta in a large pot of boiling, salted water according to package directions. Usually about 8 minutes. Take care to not over cook. Dip out 1 cup of pasta cooking water and add to pan with sausage. Stir water into sauce gently.
7. Drain pasta and add to pan with sausage and vegetables sauce. Toss together.

notes

This is a very summery pasta and has a wonderful fresh taste!

to serve

Serve hot with additional Parmesan cheese.



6 - 8

servings

10 min

prep time

10 min

cook time

ingredients

1 lb Swaggerty's Farm roll sausage

1 cup chopped onion

1 pint of grape tomatoes

1 cup fresh peas or beans pre-cooked for about 12 minutes in water, salt, and pepper (e.g. lima beans, green peas, edamame, green beans)

½ cup shredded or grated Parmesan cheese + extra for garnish

A pinch of red pepper flakes

Salt & pepper to taste

Two 9 oz pkgs of fresh pasta from the supermarket (tortellini, ravioli, linguine, or fettucine. Buitoni® is a brand available at most supermarkets.

1 pint grape tomatoes

1 cup of leftover pasta cooking water

Pairs well with: You favorite salad, chilled white wine, iced tea, crusty bread

Special Kitchen Tools: N/A