



Sausage and Roasted Vegetable Penne

Recipe Source: www.foodnetwork.com (Melissa d'Arabian)

Serves 4

Ingredients:

1 sweet onion, cut into wedges
1 medium zucchini, sliced in 1/2 lengthwise
1 red bell pepper, cheeks removed
1/2 pound button mushrooms, stemmed
2 1/2 TBSP olive oil, divided
Salt and Pepper
1/2 pint grape tomatoes, washed and dried
2 sweet or hot Italian sausages, thinly sliced or casings removed
1/4 cup white wine (or low sodium chicken broth)
12 ounces whole-grain penne, cooked according to package instructions, 1/2 cup pasta water reserved
Fresh Parmesan cheese

Steps:

- Preheat oven to 400 degrees F.
- In a bowl, toss all the vegetables, except the tomatoes, with 1 1/2 TBSP oil. Season with salt and pepper, to taste. Arrange on a baking sheet and roast, until caramelized, about 30 minutes, turning the vegetables halfway through the cooking time.
- In a small bowl, add the tomatoes and the remaining olive oil and toss to coat. Add to the baking sheet, at the halfway point of cooking to caramelize.
- Meanwhile in a large skillet over medium heat, add the sausage and sauté until cooked through. Turn up the heat and deglaze with the wine or broth. Once the vegetables are cooked, cool slightly, then coarsely chop. Add the vegetables and any pan juices to the sausage in the skillet. Toss in the cooked penne, adding reserved pasta water, if needed, to moisten. Season with salt and pepper to taste.
- Serve in bowls sprinkled with Parmesan.

Tips from the Test Kitchen: You can decrease the pasta to 8 ounces if you'd like a higher vegetable to pasta ratio. You do not have to chop the vegetables after roasting; they can be left in larger pieces.

Nutritional Facts: per serving Calories: 369, Carbohydrates: 48 grams, Protein: 16 grams, Total Fat: 14 grams, Saturated Fat: 3 grams, Cholesterol: 13 mg, Sodium: 283 mg, Fiber: 8 grams, Total Sugars: 9 grams.

