

## Pesto Pasta with Chicken Sausage & Brussel Sprouts

### Ingredients:

- 1 lb fresh brussel sprouts, trimmed and halved
- Cooking oil (I use avocado oil spray)
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 1lb (16oz) Orecchiette Pasta (or whatever pasta you want, I use chickpea pasta!)
- 4 italian chicken sausage links
- 5 cloves garlic, thinly sliced
- ⅓ cup pesto

### Instructions:

Preheat oven to 400 degrees. Mix brussel sprouts with a little cooking oil and salt and pepper. Prepare a baking sheet with aluminum foil, then spread the brussel sprouts on it evenly. Roast for about 20 minutes, stirring partway through. Remove from oven and set aside. (this can also be done in an airfryer at 400 for about 10 minutes)

Meanwhile, heat your remaining cooking oil in a skillet over medium high heat. Add the sausage and cook, turning often until nearly browned, about 6-8 minutes. Add the garlic and cook until fragrant and the sausage is browned, about 1-2 minutes.

Cook the pasta according to the package directions. ( I start this process while I'm cooking the brussel sprouts) Once the pasta is cooked, drain the water, keeping ¼ cup pasta water off to the side. Combine pasta, brussel sprouts, garlic and pesto. Add in some of the remaining pasta water if needed for extra moisture.

8 servings. If made with chickpea pasta, 244 calories per serving.