

# Italian Garden "Pasta"

*A tempting tomato and herb sauce coats spicy sausage and zucchini "noodles" in this savoury dish.*

Canola oil	2 tsp.	10 mL
Hot Italian sausage, cut into 1/4 inch (6 mm) thick slices	1/2 lb.	225 g
Chopped onion	1/4 cup	60 mL
Garlic cloves, minced (or 1/2 tsp., 2 mL, powder)	2	2
Can of diced tomatoes (with juice)	14 oz.	398 mL
Diced red pepper	1/2 cup	125 mL
Dried whole oregano	1 tsp.	5 mL
Dried basil	1 tsp.	5 mL
Dried thyme	1/2 tsp.	2 mL
Canola oil	1 tbsp.	15 mL
Small zucchini, peeled into 4 inch (10 cm) long ribbons with vegetable peeler	4	4
Grated Parmesan cheese	1/3 cup	75 mL

Heat first amount of canola oil in large saucepan on medium. Add sausage. Cook for about 4 minutes, stirring occasionally, until sausage starts to brown.

Add onion and garlic. Heat and stir for about 2 minutes until fragrant.

Add next 5 ingredients. Stir. Bring to a boil. Reduce heat to medium-low. Simmer, uncovered, for about 15 minutes until red pepper and onion are softened.

Heat second amount of canola oil in large non-stick frying pan on medium-high. Add zucchini. Heat and stir for about 3 minutes until softened. Remove from heat. Cover. Let stand for 10 minutes. Drain and discard liquid. Add zucchini to sausage mixture. Toss. Transfer to large serving bowl.

Sprinkle with Parmesan cheese. Serves 4.

*1 serving: 340 Calories; 26.6 g Total Fat (12.3 g Mono, 4.3 g Poly, 8.5 g Sat); 50 mg Cholesterol; 12 g Carbohydrate; 4 g Fibre; 15 g Protein; 745 mg Sodium*