

SPICY PECAN ITALIAN “SAUSAGE” AND GRILLED VEGETABLE PENNE

🕒 25 mins

Simply season and ground pecans to create a plant-based version of spicy Italian “sausage.” In this recipe it’s added to grilled vegetables and pasta but you can also use it on a flatbread, pizza, soup and more.

INGREDIENTS

1 12-ounce package brown rice
penne pasta

1 teaspoon extra virgin olive oil

2 small zucchini, sliced in half
lengthwise

2 small yellow squash, sliced in
half lengthwise

1 24-ounces jar pasta sauce (no
sugar added), warmed

Fresh basil leaves and parmesan
cheese, optional, for garnish

Spicy Pecan Italian “Sausage”

1. Preheat grill to medium-high.
2. Heat water in pot on stovetop for pasta.
3. Make pasta according to package directions, drain and set aside.
4. *Make the spicy pecan Italian “sausage”:*
In a pan over medium heat, add olive oil, onion, fennel seed, black pepper, paprika, garlic powder, sea salt, and red pepper flakes (do not add pecans or vinegar yet). Cook 4 minutes or until onion is translucent.
5. Add pecans, red wine vinegar, and onion mixture to food processor and

1/2 medium onion, diced (about
 1/2 cup)
 1/2 tablespoon fennel seed
 1/4 teaspoon black pepper
 1/4 teaspoon paprika
 1/4 teaspoon garlic powder
 1/8 teaspoon sea salt
 1/4 teaspoon red pepper flakes
 1 cup raw pecan halves (or
 lightly toasted)
 1 tablespoon red wine vinegar

pulse until consistency of ground pork,
 about 8 to 10 pulses. Makes 1 cup
 pecan "sausage".

6. Lightly brush zucchini and yellow squash with olive oil and place on hot grill for 3 to 4 minutes per side, or until tender. Remove and chop into bite-sized cubes.
7. Serve family-style or in individual bowls. Layer pasta, vegetables, and pasta sauce. Top with pecan "sausage" and fresh basil and parmesan if desired.

NUTRITION FACTS

Calories	Fat	Sat Fat	Sodium
380	15g	1g	320mg
Carbs	Fiber	Protein	
58g	6g	8g	