

## Chicken Sausage Meatballs with Red Sauce Roasted Vegetables with Brown Rice Pasta and Pesto

1lb. Sweet Italian Chicken Sausage  
2 TBSP Olive Oil (divided)  
1 jar - Rao's Marinara sauce  
6 oz (1/2 package)- Brown Rice Pasta  
2 cups Broccoli  
2 cups Cauliflower  
2 TBSP Vegan Pesto

Cook penne pasta according to package instructions. Drain and put back in to pot.

Form Chicken Sausage into balls. Heat 1 TBSP of Olive Oil in a pan on medium-high heat. Cook meatballs until brown on the outside, then add jar of pasta sauce and turn burner to low and simmer the balls in the sauce to finish cooking.

In the meantime preheat oven to 400 degrees. Cut the broccoli and cauliflower into smaller piece and coat with 1 TBSP of olive oil. Place on a cookie sheet and cook for 7 to 10 minutes or until cooked and slightly brown on the edges. Add the roasted vegetables to the pot with the penne pasta. Add 3 TBSP of Vegan Pesto

Serves 4  
Calories: 501  
Fat: 26 grams  
Carbs 45 grams  
protein 26 grams

