



## Chicken Sausage 'n Spiralized Veggies



1/2 of recipe (about 1 3/4 cups): 266 calories, 9.5g total fat (3.5g sat. fat), 848mg sodium, 23.5g carbs, 6g fiber, 12.5g sugars, 23g protein

**Prep:** 15 minutes    **Cook:** 20 minutes



### Ingredients

14 oz. (about 2 medium) yellow squash  
1 cup canned crushed tomatoes  
1/2 tsp. Italian seasoning  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/8 tsp. black pepper  
1 cup sugar snap peas  
1/2 cup sliced onion  
6 oz. (about 2 links) fully cooked Italian-style chicken sausage with 8g fat or less per 3-oz. serving (like the kind by Applegate Organics), sliced into coins and halved  
1 tbsp. grated Parmesan cheese

### Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Using a spiral vegetable slicer (like the [Veggetti](#)), cut squash into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel squash into super-thin strips, rotating the squash after each strip.) Roughly chop for shorter noodles.

In a medium bowl, combine crushed tomatoes with seasonings. Mix well.

Place squash noodles, snap peas, and onion in the center of the foil, and top with halved sausage coins. Evenly top with tomato mixture and Parm.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 20 minutes, or until veggies are tender.

Cut packet to release hot steam before opening entirely. Transfer packet contents to a large bowl, and stir to mix.

**MAKES 2 SERVINGS**

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