



# Run-Quick-To-The-Garden!: Sausage Veggie Skillet with Zucchini Noodles and Pesto

## INGREDIENTS:

- 1 lb. beef or pork kielbasa sausage, sliced, browned off in a bit of oil, and reserved
- Olive oil, if needed
- 2 cups shredded cabbage or coleslaw mix
- 1 cup shredded carrots
- 2 cups Brussels sprouts, halved and parboiled a bit (this makes your skillet come together quicker because you aren't waiting on the brussels sprouts to cook)
- 2 red and/or yellow sweet bell peppers, seeds and membranes removed, sliced into thin strips
- 1 cup edamame
- 1 cup grape tomato halves
- ½ lb. sliced button mushrooms
- 2-3 small to medium zucchini, cut into zucchini noodles using a Veggetti or similar tool
- 2-3 heaping tablespoons basil/mint pesto (or substitute your favorite type of pesto)
- Splash of heavy cream
- Kosher salt and freshly ground black pepper, to taste
- Parmesan cheese, as garnish

## DIRECTIONS:

In the same skillet that you browned the sausage, over medium high heat, add a tiny bit of olive oil; when oil is hot, add cabbage, carrots, Brussels sprout halves, and bell peppers to skillet and cook until slightly softened, approx. 6-8 minutes, stirring occasionally.

Add edamame, tomatoes, and mushrooms to skillet and continue to cook for an additional 2-3 minutes, then add zucchini noodles and pesto and cook for just a few additional seconds, only until zucchini noodles are cooked through.

Stir in a splash of heavy cream and combine; season to taste with kosher salt and freshly ground black pepper.

To serve, garnish with Parmesan cheese.

*Now You're Cookin',*

*Chef Alli*

**\*\*This recipe was featured as part of Chef Alli's Farm Fresh Kitchen on [MomsEveryday Kansas](#) and WIBW 13 News, August 2015.**