

# Italian Sausage Protein Pasta

DEVELOPED BY: Chris Mathews at Northern Michigan University

Servings: 8    Serving Size: 8 oz

Ingredients	Quantity	Measure
Tofurky Italian Sausage	4	Each
Chickapea Penne Pasta	1	Pound
Canned Diced Tomatoes	2	Quarts
Canned Crushed Tomatoes	2	Quarts
Olive Oil	3/4	cup
Chopped Garlic	3/4	cup
Crushed Red Pepper Flake	1	pinch
Salt	2	tablespoons
Moocho Mozzarella Shreds	1	cup

## Preparation

1. Sautee garlic in the olive oil, add salt and a pinch of red pepper flakes. Add in the tomatoes and simmer.
2. Cut the Tofurky Italian Sausage on the bias and sauté in olive oil until they have a little color.
3. Prepare pasta according to the package instructions.
4. To plate place pasta, sauce, sausage, and Moocho Mozzarella on top to garnish.

