

Sausage and Squash Pasta Sauce

Chef Jenn Magrey

Ledyard Farmer Market

1 tablespoon olive oil – (or as I used, **The Olive oil Company Sicilian Blend**)

1-pound **Broad Brook Acres Italian Pork Sausage** – casings removed

1 **zucchini**- about 3 cups – sliced into bite sized pieces

1 **summer Squash** – about 2 cups – sliced into bite sized pieces

½ jar **LoPresti Farm Marinara**

1 teaspoon **minced garlic** – Smith Acres Garlic

In a large sauté pan, heat about 1 tablespoon of olive oil over medium heat.

Add the sausage and break it up with a wooden spoon and cook until it is browned.

Add the zucchini pieces. Cook for about 7-10 minutes, stirring occasionally to keep the veggies and meat moving in the pan.

Add the garlic and cook for another minute...add the marinara sauce.

Cook until heated through.

Great on pasta, or as a low carb meal without the pasta too!