

Summer Zucchini Pasta

by Adrienne Haskins

Total time: 30 minutes • Makes 2-4 servings

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Ingredients

- 3 links of italian sausage (sliced)
- 1 lb of your favorite short-cut pasta
- 1/4 cup olive oil
- 3 cloves garlic, minced
- Dash of crushed red pepper flakes (optional)
- 6 cups diced zucchini and yellow squash
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup freshly grated parmesan cheese, plus extra for serving
- 1/4 cup chopped fresh basil, plus extra for serving
- 1 lemon

Directions

1. Bring a pot of water to a boil for the pasta. Generously salt the water. Once boiling, add your pasta.
2. Meanwhile, heat a large skillet over medium to medium-high heat and add the olive oil. Once hot, add the garlic and red pepper flakes and sauté for 30 seconds to 1 minute or until fragrant. (You don't want the garlic to brown at all). Add the sliced italian sausage and cook on one side for about 5-7 minutes. Flip the sausages and add the zucchini and squash and sauté for another 5-6 minutes or until tender and sausage is cooked through. Season with salt and pepper. (Cook pasta until al dente if you haven't done so at this point).
3. Once pasta is cooked, drain thoroughly. Add the pasta to the zucchini mixture and toss until coated. Add the parmesan and toss, as well as the chopped basil. Season to taste with additional salt and pepper. Squeeze half of the lemon and toss once more. Serve with a extra parmesan and fresh basil.