

## Sausage Pasta for Two (MasonFit.com)

2 Chicken Sausages, sliced into rounds  
6 oz. Cherry Tomatoes  
3 large Shallots, quartered  
1 T. (16 g) Olive Oil  
2 oz. Banza Bowties or Farfalle  
¼ c. Grated Parmesan

### Instructions:

1. Bring a pot of salted water to a boil for the pasta.
2. Add the sliced chicken sausages to a large skillet over medium heat. Brown one side for 4-5 minutes before flipping the sausages.
3. Once flipped, carefully add the olive oil, shallots, and tomatoes. Toss everything together and cook for 8-10 minutes, reducing to a low heat once the tomatoes begin to wrinkle and the shallots begin to caramelize.
4. Drop the pasta in the water once everything is in the skillet together. Cook for 7-8 minutes or until just shy of al dente. *Be careful not to overcook the chickpea pasta.*
5. Transfer the cooked pasta to the skillet with 2-4 tablespoons of pasta water, added gradually. Remove from the heat and toss everything together.
6. Garnish with parmesan and fresh parsley. Salt and pepper if needed.