

## **Zucchini Spaghetti with Sausage, Sundried Tomatoes & Goat Cheese**

Serves 2

4 oz. spaghetti (I use whole wheat) with a scant 1/4 cup of cooking liquid reserved  
1 Tbsp. olive oil or oil from sundried tomatoes  
2 links spicy Italian sausage (I use Trader Joe's chicken sausage), sliced  
2 cloves garlic, minced  
1/8 tsp. crushed red pepper  
1/4 cup sliced sundried tomatoes, drained  
1 medium to large zucchini, sliced thin julienne  
2 oz. goat cheese  
fresh basil, to taste, torn or chopped  
freshly ground black pepper

Bring a pot of water to a boil and add a hefty pinch of salt. Add the pasta and cook until al dente. Drain, reserving a scant 1/4 cup of the cooking liquid.

Meanwhile, heat the oil and add the sausage. Cook for a couple minutes to brown (I use fully cooked sausage; if you don't you'll obviously want to cook until it's done) and then stir in the garlic and crushed red pepper until garlic is fragrant.

Add the sundried tomatoes and zucchini, tossing and cooking for another minute or two.

Add the pasta, goat cheese, reserved cooking liquid, and ground pepper to taste. Toss until everything has combined and the goat cheese and water have made a sauce for the pasta. Scatter the basil over the pasta and serve.