

Makeover Monday ~ Chicken Sausage Pasta Bake or “Fake Bake”

It is Monday, so it is time for another recipe makeover. I love to take favorite recipes and make them THM friendly. One of the biggest hurdles people have to overcome is thinking that healthy eating means never having their favorite foods again. The truth is that you can make a healthy version of almost any meal. And most meals don't require that much work to re-make!

This recipe was inspired by a recipe by Rachel Ray that I found on [Food Network](#). It was intriguing to me so I decided to make it THM friendly and tweak the flavors for my family. This recipe wasn't too bad on it's own, but the pasta makes it less than figure friendly. I am including two options here for the pasta, though you could really use multiple options (like zoodles or spaghetti squash). I am always looking for new ways to incorporate konjac noodles into my recipes. I love them, but getting the whole family on board can be tricky. The preparation instructions here give the noodles plenty of time to absorb the bold flavors of this dish and soften up in the sauce while in the oven. If you choose to use Dreamfields pasta then you will use the “Fake-Bake” method.

One other note. The flavor profile of this meal is sweet-spicy because of the combination of sausage I used. You can easily change the flavor by using different sausage flavors.

You Will Need:

- [konjac noodles](#) or Dreamfileds noodles
- [mineral salt](#)
- chicken sausages (I used andouille and apple)
- coconut oil
- bell pepper
- onion
- garlic
- chicken stock
- crushed tomatoes
- dried parsley
- dried basil
- ricotta cheese
- Parmesan cheese

Chicken Sausage Pasta Bake or "Fake-Bake" ~ THM S



Sweet and spicy pasta bake made with chicken sausages. To achieve the sweet and spicy flavor profile use half andouille sausage and half chicken-apple sausage. To change the flavor profile, just change up your sausage flavors.

Ingredients

- 3 packages konjac noodles (or one box Dreamfields pasta)
- 1/2 tsp mineral salt
- 1 pound chicken sausages (any flavor)
- 3 tablespoons coconut oil (divided)
- 1 bell pepper (seeded and sliced)
- 1 large onion (thinly sliced)
- 3 to 4 cloves garlic (chopped)
- 1/2 cup chicken stock
- 1 28 ounce can crushed tomatoes
- 1/2 tsp dried parsley flakes
- 1/2 tsp dried basil
- 1 cup ricotta cheese
- 1 cup Parmesan cheese (green can is fine)

Directions

Prepare pasta, and sauce

1. If you are choosing to use Dreamfields pasta, place a pot of water on the stove to boil for pasta. When the water boils, salt it and cook pasta according to the directions on the box.
2. Meanwhile, place chicken sausages in a large, 12-inch skillet with 1 tablespoon coconut oil, Cook over medium high heat to brown and crisp the casings, 5 to 6 minutes.



3. Preheat oven to 375 degrees if you are using konjac

noodles or preheat broiler if you are using Dreamfileds noodles.

4. Remove sausages from skillet and add 2 tablespoons coconut oil. Add the onions and allow them to cook about 6-8 minutes, stirring occasionally to allow them to start to caramelize.



5. Next add bell peppers and garlic and season with salt.



6. While the vegetables are cooking, slice the peppers on an angle and add them to the peppers and onions. Cook together until peppers and onions are tender and sliced sausages are crisp at edges.



7. Stir in crushed tomatoes and chicken stock and bring to a bubble, reduce heat to low.



8. Add ricotta cheese, parsley and basil and stir to combine.



To Assemble Baked Pasta with Konjac Noodles

1. Place half the noodles, sausage, peppers, onions and sauce mixture in the bottom of a greased 9×13 baking dish. Top 1/2 cup of Parmesan and then the remaining noodles, sausage and sauce. Cover the top of the dish with the other 1/2 cup Parmesan and cook at 375 degrees for 30 minutes to allow all the flavors to meld and the noodles to soften.



To Assemble the "Fake-Baked" pasta with Dreamfields

1. Place half the sausage, peppers, onions and sauce in the

bottom of a flameproof baking dish. Top with all of the pasta and then the remaining sausage and sauce. Cover the top of the dish with the Parmesan and place until broiler 2-5 minutes to brown cheese and set pasta.;

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