Smokin’ Joe Lasher’s Italian Sausage Skillet

Prep time: 10 mins Cook Time: 15 mins Servings: 4

Ingredients:

1 lb hot Italian sausage, ground

1 15 oz can diced tomatoes

1 cup baby spinach

½ white onion, chopped

2 cup spiralized zucchini and/or squash

½ cup shredded mozzarella cheese

¼ cup shredded parmesan cheese

1 tbsp Italian seasoning

1 tbsp minced garlic

½ lemon, for juice

1 tbsp olive oil, divided

Instructions:

1. Heat ½ tbsp of olive oil in large skillet over medium heat and add onion. Stir until translucent.
2. Add in ground sausage and brown thoroughly.
3. Add diced tomatoes and mix, simmering for 2 minutes.
4. Mix in Italian seasoning and garlic and mix well.
5. Mix in baby spinach and cook until wilted.
6. Add in the “zoodles” and mix, cooking for about 3 minutes.
7. Cut heat and sprinkle with parmesan and then mozzarella cheese and let melt.
8. Just before serving, squeeze lemon juice across entire dish.