BeWell recipe of the month:

Zucchini Chicken Sausage Skillet

From the kitchen of Sheri Graham from the Graduate School of Business

Ingredients:

- 2 zucchini
- 1 yellow squash
- Onion
- Garlic
- 2 chicken sausage
- Cherry or grape tomatoes
- Olive oil
- Italian seasoning
- Brown rice/quinoa

Directions:

- In skillet, cook sausages. Cool then slice into small rounds.
- To skillet, add 1 tbsp. olive oil and all remaining ingredients.
- Sauté until tender/crisp
- Add sausage back in and heat through
- Serve over rice or quinoa