



Ziti with Grilled-Gazpacho Sauce and Sausage

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



1455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 bell pepper (any color)
- 1.5 pounds cherry tomatoes
- 0.3 cup basil fresh chopped
- 0.5 cup parsley fresh chopped
- 4 garlic clove peeled
- 1.3 pound ground sausage sweet italian hot
- 10 tablespoons olive oil divided
- 2 medium onion red

- 1 cup pecorino french crumbled shaved
- 3 tablespoons sherry vinegar
- 0.5 teaspoon sugar
- 1 pound ziti
- 2 pound zucchini trimmed halved lengthwise (4 medium)

Equipment

- bowl
- pot
- blender
- baking pan
- grill
- aluminum foil
- skewers
- colander
- broiler pan

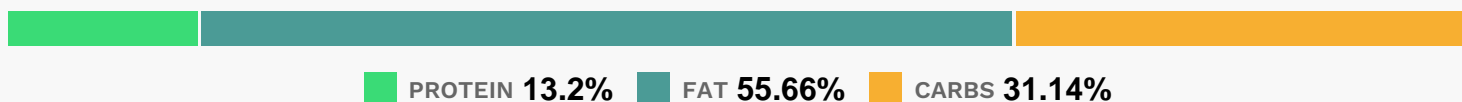
Directions

- Stir 1 teaspoon each of salt and pepper into 6 tablespoons oil.
- Toss tomatoes with 1 tablespoon seasoned oil, then thread onto skewers.
- Trim off bottoms and tops of bell peppers, then halve peppers lengthwise.
- Quarter onions lengthwise, leaving root ends intact.
- Brush onions, peppers, and zucchini generously with some seasoned oil.
- Put garlic on a double layer of foil and drizzle with some seasoned oil, then wrap tightly in foil, twisting to seal.
- Put vegetables on a large tray.
- Brush sausages lightly with some seasoned oil and put on a plate.
- Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas). Grill vegetables, garlic, and sausages, in batches if necessary, covered only if using a gas grill,

turning occasionally (frequently for garlic), until tomatoes are charred and slightly wilted, 3 to 5 minutes; bell peppers are blackened in spots, 8 to 10 minutes; onions and zucchini are tender, 8 to 12 minutes; garlic is softened and caramelized in spots, about 10 minutes; sausages are browned and cooked thorough, 12 to 15 minutes.

- Transfer as cooked to a platter (or platters) and keep warm, covered.
- Peel peppers. Coarsely chop 2 bell pepper halves and 2 zucchini halves and transfer to a blender.
- Add garlic, 4 pieces of onion, vinegar, sugar, 3/4 teaspoon salt, 1/2 teaspoon pepper, half of tomatoes, and remaining 1/4 cup oil and purée until as smooth as possible.
- Transfer remaining tomatoes to a large serving bowl and keep warm, covered. Chop remaining peppers, onion, and zucchini and add to tomatoes.
- Meanwhile, cook ziti in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente.
- Drain in a colander, then add to grilled vegetables and toss with sauce.
- Sprinkle with herbs and cheese, then serve with sausages.
- If you aren't able to grill outdoors, broil vegetables (cut each onion into 6 wedges) in oiled foil-lined large heavy baking pans 4 to 6 inches from heat, turning occasionally. Broil sausages on rack of a broiler pan. Times may vary from recipe above.

Nutrition Facts



Properties

Glycemic Index:93.27, Glycemic Load:38.5, Inflammation Score:-10, Nutrition Score:54.156956385011%

Flavonoids

Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 14.13mg, Quercetin: 14.13mg, Quercetin: 14.13mg, Quercetin: 14.13mg

Nutrients (% of daily need)

Calories: 1454.5kcal (72.73%), Fat: 90.49g (139.22%), Saturated Fat: 26.57g (166.04%), Carbohydrates: 113.92g (37.97%), Net Carbohydrates: 103.68g (37.7%), Sugar: 19.78g (21.98%), Cholesterol: 139.35mg (46.45%), Sodium:

1144.08mg (49.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.3g (96.59%), Vitamin C: 211.85mg (256.79%), Selenium: 117.92µg (168.46%), Vitamin K: 172.32µg (164.12%), Vitamin A: 5094.35IU (101.89%), Manganese: 1.97mg (98.35%), Vitamin B1: 1.17mg (77.68%), Vitamin B6: 1.49mg (74.49%), Phosphorus: 697.49mg (69.75%), Potassium: 1972.19mg (56.35%), Vitamin E: 7.95mg (53.02%), Vitamin B3: 9.6mg (48.01%), Vitamin B2: 0.78mg (45.92%), Folate: 180.09µg (45.02%), Zinc: 6.27mg (41.8%), Magnesium: 165.34mg (41.33%), Fiber: 10.24g (40.96%), Copper: 0.77mg (38.38%), Iron: 6.7mg (37.24%), Calcium: 271.91mg (27.19%), Vitamin B12: 1.5µg (25.01%), Vitamin B5: 2.43mg (24.28%)