Summer Squash Pasta with Goat Cheese

* 8 ounces of whole wheat pasta
* ½ cup walnuts, coarsely chopped
* optional 8 ounces sausage of choice, cooked (I used lean chicken sausage)
* 2 tablespoons butter
* 3 tablespoons olive oil
* 2 garlic cloves, minced
* 1 small- medium zucchini squash, cut into ½” pieces
* 1 small- medium yellow squash, cut into ½” pieces
* salt
* freshly ground black pepper
* 4 ounces goat cheese (may substitute cream cheese)
* ¼ cup fresh basil leaves, thinly sliced
* Lemon zest for garnish
1. Cook the pasta according to package directions, then taste to make sure it is done. I have found that whole wheat pasta usually takes a couple minutes longer than directed.
2. While the pasta is cooking, place a skillet over medium-low heat. Add the walnuts. Toss or stir them until they are toasted, 2 to 3 minutes. Set aside.
3. Cook sausage or protein of choice and cut into bite-sized pieces.
4. Place a large skillet over medium heat and add the butter and olive oil. Add the garlic and squash and stir frequently until it is cooked to desired texture. Sprinkle with salt and pepper to taste.
5. Add the cooked pasta to the skillet with the zucchini and toss well. Stir in the goat cheese, sausage, and toasted walnuts. Add black pepper to taste.
6. Stir in the fresh basil and top with zest lemon as desired.

Serves 4