

## Sausage and Penne Pasta

4 servings

Estimated cost per serving: \$1.75

2-1/2 cups whole wheat or wheat-blend penne pasta, uncooked (such as Healthy Harvest)

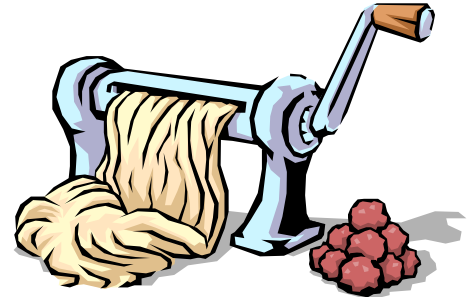
12 oz turkey Italian sausage links (about 3 links)\*

1 medium red onion, sliced thin

1 medium green pepper, sliced into thin 1-in. strips

2 cups of your favorite spaghetti sauce (we like Classico Fire Roasted Tomato and Garlic)

4 Tbsp shredded or grated Parmesan cheese



- 1) In a large pot, cook pasta as directed on package.
- 2) While the pasta is cooking, slice sausage links into bite-sized pieces. Place sausage in a large non-stick skillet and cook over medium-high heat until browned, about 5 minutes, stirring occasionally. Drain any fat from the pan.
- 3) Add the onions and peppers to the sausage and continue cooking over medium high heat another 5 minutes or until the vegetables are soft; stir occasionally.
- 4) Pour spaghetti sauce over mixture and stir. Cover and cook over medium heat another 5 minutes.
- 5) When pasta is cooked, drain well. Return to the pot and add the sauce mixture; stir to mix. Sprinkle each serving with 1 Tbsp Parmesan cheese.

\* Most grocery stores carry turkey Italian sausages in the refrigerator case (like Honey Suckle brand). Unused sausage links can be refrigerated or frozen for future meals - they're so tasty!

**Nutrition information, per serving (about 2 cups):** 400 calories, 10g total fat, 2.5g saturated fat, 53g carbohydrates, 7g dietary fiber, 27g protein, 870mg sodium, 65mg cholesterol. **Good source** of Vitamins C and A, Calcium, Iron and Dietary Fiber.

**Pyramid servings:** 1 meat, 2 whole grains, and 2 vegetable

### **Cooking Tips:** Pasta - To do or not to do . . .

- ✓ **Do** use a lot of water to allow the pasta room to cook without sticking together.
- ✓ **Don't** add oil - using a lot of water will prevent the noodles from sticking.
- ✓ **Do** stir pasta right after you put it in the water so that it won't clump together or stick to the bottom of the pot.
- ✓ **Don't** throw noodles against the wall to check if they're done. You can use the cooking time on the package as a guideline.
- ✓ **Don't** rinse cooked pasta because the starch on the pasta will help the sauce stick to it. Just drain well.

Recipe provided by Keri Tonia, MSU Dietetics Student, 9/06.

Questions or comments??? Contact SHS nutritionist, Rebecca Gruenes, MS, RD,  
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