Scrumptious Sausage and Penne Pasta  

4 servings

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.

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.

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