

Sausage and Pepper Pasta

Ingredients

2 cups whole wheat rotini pasta
2 links hot, mild, or sweet Italian chicken sausage, casing removed
2 cups frozen bell pepper strips
1 cup pasta sauce

Directions

1. Cook pasta according to package directions, omitting salt and fat
2. While pasta cooks, in a non-stick skillet over medium heat, cook sausage, breaking into small pieces, until no pink remains and meat begins to brown.
3. Add peppers to sausage and continue cooking until peppers begin to thaw, about 3 minutes.
4. Add pasta sauce to sausage and pepper mixture. Bring to a simmer over medium heat, stirring occasionally.
5. Drain pasta, divide among four plates. Top with sausage and pepper sauce. Serve.

Nutrition Information makes 4 servings

Per Serving

Calories: 310
Fat: 6.5 g
Saturated Fat: 1.4 g
Cholesterol: 35 mg
Sodium: 606 mg
Carbohydrate: 47 g
Fiber: 6 g
Protein: 17 g



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