

## Sausage and Penne Pasta

4 servings

### *What you need:*

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

### *All you do:*

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.

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