

Pork

Sausage and Pepper Heroes

Family Circle Magazine

Servings: 8

Preparation Time: 15 minutes

Bake Time: 50 minutes

1 pound all-purpose potatoes, peeled cut into 1/2-inch cubes
3 large green peppers, cored, seeded, and cut into 1/2-inch slices
2 large onions, peeled and cut into 1/2-inch slices
1 pkg (12 oz) fully-cooked, Italian-flavored chicken sausage, cut into coins
3 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon dried Italian seasoning
1/4 teaspoon red pepper flakes
1 pkg (12 oz) Arnold whole-wheat Fill 'ems sandwich thins

Preheat oven to 350 degrees

In a large bowl, toss together potatoes, peppers, onions, sausage and olive oil. Season with salt, Italian seasoning and red pepper. Evenly distribute between 2 rimmed baking sheets.

Bake for 45 to 50 minutes or until vegetables are tender. Stir sausage and vegetables and rotate pans after 25 minutes.

Spoon sausage and pepper mixture into the Fill 'ems and serve.

Per Serving (excluding unknown items): 112 Calories; 5g Fat (40.5% calories from fat); 2g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 138mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1 Fat.