

Pork

Creamy Sausage & Bow Ties

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Servings: 4

Start to Finish Time: 25 minutes

1 package (4.1 oz) four cheese bow tie pasta mix

1/2 pound fully cooked smoked sausage, cut into 1/4-inch pieces

1 cup frozen peas

1 cup (4 oz) part-skim mozzarella cheese, shredded

Prepare the pasta mix according to package directions.

In a large skillet, brown the sausage. Drain.

Add the peas and pasta.

Simmer, uncovered, for 1 to 2 minutes or until heated through.

Sprinkle with the cheese.

Cover and cook for 1 to 2 minutes or until the cheese is melted.

Per Serving (excluding unknown items): 28 Calories; trace Fat (4.1% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 40mg Sodium. Exchanges: 1/2 Grain(Starch).