

Pasta with Sausage and Peppers

*Curtis Stone
Winn-Dixie Stores*

Servings: 4

*4 sweet Italian sausages, casings removed
1 tablespoon olive oil
1/2 red bell pepper, thinly sliced
1/2 yellow bell pepper, thinly sliced
1/2 yellow onion, thinly sliced
2 cloves garlic, thinly sliced
2 large sprigs fresh thyme
1 can (28 ounce) crushed tomatoes
1 box (10 ounce) penne pasta
1/4 cup torn fresh basil leaves, loosely packed
salt (to taste)
pepper (to taste)
1/4 cup Parmesan cheese, finely grated*

Preparation Time: 5 minutes

Cook Time: 15 minutes

Heat a large heavy skillet over medium-high heat. Add the sausage. Cook, breaking up the meat, for 6 minutes or until brown. Using a slotted spoon, transfer the meat to a bowl.

To the skillet, add the oil, peppers, onions, garlic and thyme. Cook, stirring occasionally, for 5 minutes or until the vegetables are caramelized.

Add the tomatoes. Simmer for 3 minutes or until the flavors blend. Discard the thyme. Return the sausage to the skillet.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add the penne. Cook, stirring often, for 8 minutes or until al dente. Drain, reserving 1/2 cup of the cooking water.

Toss the penne with the peppers and sauce, adding enough of the reserved cooking water to thin the sauce to the desired consistency. Stir in the basil. Season with salt and pepper.

Divide the pasta among four shallow bowls. Sprinkle with Parmesan cheese.

Per Serving (excluding unknown items): 125 Calories; 5g Fat (36.9% calories from fat); 5g Protein; 15g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 115mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	125
% Calories from Fat:	36.9%
% Calories from Carbohydrates:	48.4%
% Calories from Protein:	14.6%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	4mg
Carbohydrate (g):	15g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	115mg
Potassium (mg):	161mg
Calcium (mg):	87mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	59mg
Vitamin A (i.u.):	1044IU
Vitamin A (r.e.):	111 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	15mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	125	Calories from Fat: 46
-----------------	-----	-----------------------

% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	7%
Cholesterol	4mg	1%
Sodium	115mg	5%
Total Carbohydrates	15g	5%
Dietary Fiber	1g	6%
Protein	5g	

Vitamin A	21%
Vitamin C	98%
Calcium	9%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.