

Sausage & Pepper Pasta

Lynda Balsley

Relish Magazine - September 2015

Servings: 6

1 tablespoon olive oil
3/4 pound Italian sausage, sliced
into 1/2-inch rounds
2 large red bell peppers, cut into
1/2-inch strips
2 cloves garlic, minced
1/2 teaspoon red pepper flakes
1 can (28 ounce) plum tomatoes,
drained
1/2 teaspoon salt
1/2 teaspoon pepper
1 pound pasta, cooked and drained
torn basil leaves
grated Parmesan cheese

Heat the olive oil in a large skillet over medium-high heat. Add the Italian sausage. Cook until browned, about 4 minutes. Remove from the skillet and drain on paper towels. Pour off all but one tablespoon of the fat.

Add the bell peppers. Cook over medium heat until crisp-tender, about 2 minutes. Add the minced garlic and red pepper flakes. Cook for 1 minute.

Add the plum tomatoes, salt and pepper. Cook over medium heat, breaking up the tomatoes with a spoon, until the sauce thickens, 5 to 8 minutes.

Return the sausage to the pan. Cook for 1 to 2 minutes. Stir in the pasta. Top with basil leaves and Parmesan cheese.

Per Serving (excluding unknown items): 512 Calories; 21g Fat (37.9% calories from fat); 18g Protein; 60g Carbohydrate; 3g Dietary Fiber; 43mg Cholesterol; 600mg Sodium. Exchanges: 4 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	512	Vitamin B6 (mg):	.4mg
% Calories from Fat:	37.9%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	47.7%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	14.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	21g	Folacin (mcg):	29mcg
			8mg

Saturated Fat (g): 7g
Monounsaturated Fat (g): 10g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 43mg
Carbohydrate (g): 60g
Dietary Fiber (g): 3g
Protein (g): 18g
Sodium (mg): 600mg
Potassium (mg): 366mg
Calcium (mg): 32mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 79mg
Vitamin A (i.u.): 2334IU
Vitamin A (r.e.): 233 1/2RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 4
Lean Meat: 1
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 512 **Calories from Fat:** 194

% Daily Values*

Total Fat	21g	33%
Saturated Fat	7g	34%
Cholesterol	43mg	14%
Sodium	600mg	25%
Total Carbohydrates	60g	20%
Dietary Fiber	3g	11%
Protein	18g	
Vitamin A		47%
Vitamin C		132%
Calcium		3%
Iron		22%

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