

## **Sausage Alfredo**

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**Servings: 6**

**Start to Finish Time: 25 minutes**

**3 1/2 cups uncooked spiral pasta**

**1 pound bulk Italian sausage**

**1 medium green pepper, chopped**

**1 can (4 oz) mushroom stems and pieces, drained**

**1 jar (15 oz) roasted garlic Alfredo sauce**

**1/4 cup Parmesan cheese, shredded**

Cook the pasta according to package directions.

In a large skillet over medium heat, cook the sausage, green pepper, onion and mushrooms until the meat is no longer pink. Drain.

Stir in the Alfredo sauce.

Drain the pasta and stir into the skillet. Heat through.

Garnish with cheese.

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Per Serving (excluding unknown items): 23 Calories; 1g Fat (39.5% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 63mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fat.