
Italian Sausage and Peppers Skillet

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

1 pound (about four) Italian turkey sausage links, cut in half crosswise

1 medium green bell pepper, cut into strips

1 medium red bell pepper, cut into strips

4 cloves garlic, minced

3/4 cup tomato-basil pasta sauce

Heat a large nonstick skillet coated with cooking spray over medium heat. Add the sausage. Cook for 5 minutes, turning occasionally. Add the pepper strips and garlic. Cook for 5 minutes, stirring often.

Stir in the pasta sauce. Cover. Reduce the heat. Simmer for 8 to 10 minutes or until the sausage is done. Uncover and simmer for 3 minutes or until the sauce thickens and the peppers are tender.

Pork

Per Serving (excluding unknown items): 21 Calories; trace Fat (4.7% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Vegetable.