

Grilled Italian Sausage & Red Pepper with Penne



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Makes 6 Servings

*(Recipe adapted from Anne Lindsay—
Anne Lindsay's New Light Cooking)*

What You Need

12 oz. Lean hot Italian sausage
2 large sweet red peppers
1 tbsp. olive oil
1 cup chopped onion
6 oz. Dry Whole wheat penne or other pasta
4 large cloves garlic, finely chopped

4 large tomatoes, chopped
½ cup chopped fresh basil (or 1 tsp dried basil)
½ cup chopped fresh cilantro (optional)
½ tsp each salt and pepper

Per Serving

Calories 376
Carbohydrates 37 g
Protein 20 g
Fat 18 g
Dietary Fiber 9 g

How You Prepare

1. Quarter and seed peppers. Place peppers on a greased grill over medium heat; close lid and cook for 5 minutes. Move peppers to upper rack if possible. Place sausages on grill; close lid and cook for 20 minutes or until sausages are no longer pink in centre, turning peppers and sausages after 10 minutes. Slice sausages; cut peppers into chunks.
2. Meanwhile, in large nonstick skillet, heat oil over medium heat; cook onion for until tender, stirring occasionally.
3. Meanwhile, in large pot of boiling water, cook pasta until tender but firm; drain well.
4. Add garlic to onion; increase heat to high. Add tomatoes; cook, stirring occasionally for about 2 minutes or until heated through. Add basil, cilantro, red peppers, sausage, pasta, salt, and pepper; toss to mix.

Make ahead: Through step 2, cover and refrigerate for up to 4 hours.