

Rigatoni with Italian Poultry Sausage & Sweet Peppers

Simple Every Day | March 2007



Serve this dish solo or with a side salad of packaged spinach, orange pieces, pear chunks, and a drizzle of bottled balsamic vinaigrette.

- 8 OZ. DRIED RIGATONI
- 1 12-OZ. PKG. COOKED SWEET ITALIAN POULTRY SAUSAGE LINKS OR CHICKEN-AND-APPLE SAUSAGE LINKS (4 LINKS)
- 2 MEDIUM SWEET PEPPERS (YELLOW, RED, AND/OR ORANGE), CUT INTO ³/₄-INCH PIECES
- ¹/₂ CUP VEGETABLE BROTH OR BEEF BROTH
- ¹/₈ TSP. CRUSHED RED PEPPER
- ¹/₄ CUP SNIPPED FRESH BASIL OR ITALIAN PARSLEY
- FRESHLY GRATED PARMIGIANO-REGGIANO CHEESE

Cook pasta according to package directions with a pinch of salt; drain. Return pasta to saucepan. Meanwhile, cut the sausage into 1-inch pieces. In a large skillet cook sausage and sweet peppers over medium heat until sausage is brown.

Stir the broth* and crushed red pepper into skillet. Bring to boiling. Reduce heat and simmer, uncovered, for 5 minutes. Remove from heat. Pour over pasta; add basil. Toss gently to coat. Sprinkle with grated cheese. Makes 4 servings.

*NOTE: Because this is a broth-based sauce, choose a full-flavored one that you like. We used Imagine Organic Vegetable Broth (www.imaginefoods.com). If you're serving white wine with dinner, try adding a couple tablespoons of wine to the broth.

Per serving: 364 cal., 6 g fat (2 g sat. fat), 56 mg chol., 724 mg sodium, 48 g carbo., 3 g fiber, 26 g protein.

HEALTH NOTE

Not all sausages are equal when it comes to fat content. By replacing Italian pork sausages with sweet Italian poultry sausages, you reduce the fat by two-thirds. For Applegate Farms organic poultry sausages (one of our favorites), see www.applegatefarms.com.