

Sausage Pasta Bites

Publix Aprons

Yield: 45 bites

*1/2 pound mild Italian sausage,
casings removed*
1 tablespoon canola oil
1/2 cup pearl couscous
1/2 teaspoon Kosher salt
*1 1/2 cups tomato & basil pasta
sauce*
*3 packages Athens Mini Phyllo
Shells, frozen*
2 tablespoons lightly dried basil
1/4 cup shaved Parmesan cheese

Preheat a large nonstick pan on medium-high for 2 to 3 minutes. Remove the sausage casing. Cut the sausage in half lengthwise (butterfly). Turn the sausage over and peel the casing away. Wash your hands. Place the oil in the pan. Add the sausage. Brown for 5 to 7 minutes, stirring to crumble the meat and until no pink remains.

Stir in the couscous, salt and pasta sauce. Reduce the heat to low. Cover. Simmer for 8 to 10 minutes or until the couscous is tender.

Place about one teaspoon of the meat filling in each phyllo shell. Sprinkle with Parmesan and basil. Serve.

Per Serving (excluding unknown items): 120 Calories; 14g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 940mg Sodium. Exchanges: 2 1/2 Fat.