

Italian Sausage Penne Bake

Publix Aprons

Servings: 8

3 cups penne pasta, uncooked
2 cups chicken broth
1 package (20 ounce) mild or hot Italian sausage, cut into one-inch pieces
1 pouch (9 ounce) Progresso Recipe Starters Creamy Roasted Garlic with Chicken Stock Cooking Sauce
1 can (28 ounce) crushed tomatoes, undrained
1 can (14.5 ounce) diced tomatoes, drained
1 can (6 ounce) tomato paste
1/4 cup butter, melted
1/2 cup Italian -style breadcrumbs
cooking spray

Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

Spray a three-quart baking dish with cooking spray.

In a two-quart saucepan, cook the pasta as directed on the package, using the chicken broth and two cups of water. Drain.

In an eight-inch skillet, cook the sausage until no longer pink. Drain.

In a large bowl, mix the cooked pasta, sausage, cooking sauce, crushed tomatoes, diced tomatoes and tomato paste until well blended. Spoon the mixture into the baking dish.

In a small bowl, mix the butter and breadcrumbs. Sprinkle over the sausage mixture.

Bake uncovered for 20 to 25 minutes or until hot and bubbly.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 159 Calories; 7g Fat (36.8% calories from fat); 5g Protein; 21g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 392mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	159	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	36.8%
% Calories from Carbohydrates:	51.2%
% Calories from Protein:	12.0%
Total Fat (g):	7g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	16mg
Carbohydrate (g):	21g
Dietary Fiber (g):	2g
Protein (g):	5g
Sodium (mg):	392mg
Potassium (mg):	313mg
Calcium (mg):	17mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	12mg
Vitamin A (i.u.):	811IU
Vitamin A (r.e.):	113RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	13mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 159 Calories from Fat: 58

% Daily Values*

Total Fat	7g	10%
Saturated Fat	4g	19%
Cholesterol	16mg	5%
Sodium	392mg	16%
Total Carbohydrates	21g	7%
Dietary Fiber	2g	6%
Protein	5g	
Vitamin A		16%
Vitamin C		20%
Calcium		2%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.