

Spicy Sausage Shells

Albertson's Food Stores

Servings: 8

1 pound rope-style sausage, cut into
1/2-inch slices

1 cup green or sweet red pepper,
coarsely chopped

3/4 cup onion, coarsely chopped

1 3/4 cups (16 ounce jar) salsa

1 3/4 cups (15 ounce can) tomato
sauce

5 1/3 cups medium shells, uncooked

3/4 cup ripe olives, chopped

1/2 cup cheddar cheese, shredded

In a large saucepan over medium heat, cook the
sausage, stirring frequently, until no longer pink.
Drain.

Add the green pepper and onion to the
saucepan. Cook, stirring frequently, for 3 to 5
minutes or until tender.

Add the salsa and tomato sauce. Heat to
boiling. Reduce the heat and simmer,
uncovered, for 15 minutes or until the sausage is
thoroughly cooked.

Meanwhile, cook the pasta according to package
directions. Drain. Add the ripe olives to the
sauce.

Toss the hot pasta and sauce. Sprinkle with the
cheese.

Per Serving (excluding unknown
items): 81 Calories; 4g Fat (40.4%
calories from fat); 3g Protein; 10g
Carbohydrate; 2g Dietary Fiber;
7mg Cholesterol; 725mg Sodium.
Exchanges: 0 Lean Meat; 1 1/2
Vegetable; 0 Fruit; 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	81	Vitamin B6 (mg):	.2mg
% Calories from Fat:	40.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	43.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	15.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	18mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
			0mg

Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	7mg
Carbohydrate (g):	10g
Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	725mg
Potassium (mg):	351mg
Calcium (mg):	90mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	12mg
Vitamin A (i.u.):	992IU
Vitamin A (r.e.):	114RE

Caffeine (mg):	0
Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	81	Calories from Fat	33
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% Daily Values*

Total Fat	4g	6%
Saturated Fat	2g	8%
Cholesterol	7mg	2%
Sodium	725mg	30%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	9%
Protein	3g	
Vitamin A		20%
Vitamin C		20%
Calcium		9%
Iron		8%

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