

SKILLET BAKED ZITI WITH SAUSAGE



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Yields: 8-10 servings

Ingredients

- 1, 28 oz can of whole, peeled tomatoes
- 1 pound turkey sausage or turkey kielbasa
- 6 medium cloves of garlic, chopped
- Salt and pepper to taste
- ¼ tsp red pepper flakes
- 3 c water
- 12 ounces of dry whole wheat ziti or penne
- ½ c milk
- ½ c low fat parmesan cheese
- ¼ c chopped fresh basil
- ¼ c light or 2% mozzarella cheese

Directions

1. Pulse tomatoes and juice in a food processor until coarsely ground and no large pieces remain, about 12 pulses.
2. In a 12 inch oven-safe skillet, cook sausage (remove casings) breaking it apart, 3-5 minutes or until browned. Stir in garlic, red pepper flakes, and salt and pepper and cook another minute.
3. Add tomatoes, reduce heat to medium-low, and simmer gently, stirring occasionally for 10 minutes. Stir in water, add pasta, cover, increase heat to medium-high and cook pasta 15-18 minutes, stirring often.
4. Stir in half and half, parmesan cheese, basil, and season with salt and pepper to taste. Sprinkle with mozzarella and cook in a 350°F oven 10-15 min until lightly browned on top.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	223	5 g	12 g	31 g	600 mg

Carbohydrate Exchanges: 2