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Grilled Italian Sausage & Red Pepper with Penne

By Andrea Holwegner BSc, RD

Recipe adapted from author Anne Lindsay in her book Anne Lindsay's New Light Cooking. This is a speedy weekday supper meal that is full of fibre and lots of flavour.

Makes 6 servings

What you need:

- 12 oz. Lean hot Italian sausage
- 2 large sweet red/yellow/orange peppers
- 1 tbsp. olive oil
- 1 cup chopped onion
- 6 oz. Dry Whole wheat penne or other pasta
- 4 large cloves garlic, finely chopped
- 4 large tomatoes, chopped
- ½ cup chopped fresh basil (or 1 tsp dried basil)
- ½ cup chopped fresh cilantro (optional)
- ½ tsp each salt and pepper



How you prepare:

1. Quarter and seed peppers. Place peppers on a greased grill over medium heat; close lid and cook for 5 minutes. Move peppers to upper rack if possible. Place sausages on grill; close lid and cook for 20 minutes or until sausages are no longer pink in centre, turning peppers and sausages after 10 minutes. Slice sausages; cut peppers into chunks.
 2. Meanwhile, in large skillet, heat oil over medium heat; cook onion for until tender, stirring occasionally.
 3. Meanwhile, in large pot of boiling water, cook pasta until tender but firm; drain well.
 4. Add garlic to onion; increase heat to high. Add tomatoes; cook, stirring occasionally for about 2 minutes or until heated through. Add basil, cilantro, red peppers, sausage, pasta, salt, and pepper; toss to mix.
- Make ahead: Through step 2, cover and refrigerate for up to 4 hours.

Per serving:

- Calories 376
- Carbohydrates 37 g
- Protein 20 g
- Fat 18 g
- Dietary Fiber 9 g

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Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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