Turkey Sausage and Pasta

Ingredients:
1 pound ground lean turkey sausage  
1 medium onion, chopped  
1/2 cup chopped green pepper  
1 can (14 1/2 ounces) low-sodium stewed tomatoes  
1 can (8 ounces) low-sodium tomato sauce  
1 cup uncooked spiral pasta  
2 tablespoons brown sugar  
1 to 2 teaspoons chili powder  
Parmesan cheese, optional

Directions:
1. In a large skillet, cook sausage over medium heat until no longer pink; drain.
2. Add onion and green pepper; cook until tender.
3. Stir in the tomatoes, tomato sauce, pasta, brown sugar, and chili powder.
4. Cover and simmer 20 minutes or until pasta is tender.
5. Sprinkle with Parmesan cheese if desired.

Yield 4 servings.

Nutrition Facts
Serving Size 1 cup  
Servings Per Container 4

| Amount Per Serving | Calories 270 | Calories from Fat 20  
<table>
<thead>
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<tbody>
<tr>
<td>Calories</td>
<td>270</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>45mg</td>
<td>15%</td>
</tr>
<tr>
<td>Sodium</td>
<td>120mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>32g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>16g</td>
<td>-</td>
</tr>
<tr>
<td>Protein</td>
<td>32g</td>
<td>-</td>
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Vitamin A 15%  
Vitamin C 50%  
Calcium 6%  
Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
- Calories 2,000  
- Calories 2,500

| Total Fat | Less than 65g  
| Saturated Fat | Less than 20g  
| Cholesterol | Less than 300mg  
| Sodium      | Less than 2,400mg  
| Total Carbohydrate | 300g  
| Dietary Fiber | 25g  
| Calories per gram | Fat 9  
| Carbohydrate 4  
| Protein 4

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