

Chicken Bow Tie Sausage Pasta

Makes 6 Servings

Ingredients:

- 1 tablespoon olive oil
- 2 garlic cloves
- 1/2 medium onion chopped
- 2 4 oz. chicken breasts boneless, skinless
- 1/2 pound turkey sausage
- 2 Roma tomatoes
- 1/2 medium bell pepper chopped
- 1 14.5 ounce can tomato sauce unsalted
- 1 16 ounce package bow tie pasta
- 1/2 tablespoon Italian seasoning

Directions:

1. Bring a large pot of water to boil. Add pasta and cook 8 to 10 minutes; drain.
2. Cut chicken breast into large bite size pieces.
3. Cut sausage into large pieces. In a large, deep skillet over medium low heat, add oil, garlic and onion and sauté to flavor oil.
4. Add chicken and sausage to skillet and brown lightly.
5. Add tomatoes, tomato sauce and green peppers.
6. Add cooked, drained pasta to a skillet mixture.
7. Toss and serve.

Nutrition Facts

6 servings per container
Serving size (268g)

Amount per serving
Calories 450

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 9g | 12% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 60mg | 20% |
| Sodium 280mg | 12% |
| Total Carbohydrate 63g | 23% |
| Dietary Fiber 2g | 7% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 28g | |
| Vitamin D 0mcg | 0% |
| Calcium 44mg | 4% |
| Iron 5mg | 30% |
| Potassium 564mg | 10% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Family Conversation Starter:

If you could be one color what would it be and why?

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