italian sausage cacciatore with tomato basil toast

TOTAL TIME

35 minutes

MAKES 4 SERVINGS

APRON'S ADVICE

Complete your meal with a fresh salad blend and cheese pastries for dessert. If you don''t have fresh basil on hand, you can use 1 tablespoon basil herb paste instead.

SHOPPING LIST

Dairy
1/4 cup reduced-fat tomato/basil feta cheese

Dry Grocery
2 tbsp fried peppers/onions
1 (6-oz) jar marinated artichoke hearts
2 tbsp sliced black olives
1 (24-oz) jar specialty marinara sauce
8 oz (2 2/3 cups) whole-grain penne pasta

Frozen
8 slices Texas garlic toast

Meat
1 lb Italian sausage (mild or hot)

Produce
1-oz bag fresh basil
4 plum tomatoes
1 lb roast & steak topping vegetables (fresh sliced mushrooms, onions, bell peppers)

From Your Pantry
1 tbsp extra-virgin olive oil
1/2 tsp kosher salt

PUBLIX Aprons SIMPLE MEALS

FOR MORE RECIPES, VISIT
publix.com/aprons

COOKING SEQUENCE

- Preheat oven; prepare pasta recipe through step 2 - 10 minutes
- While pasta cooks, prepare toast through step 1 - 10 minutes
- Complete pasta and bake/assemble toast; serve - 15 minutes

italian sausage cacciatore

INGREDIENTS

1 tablespoon extra-virgin olive oil
1 lb Italian sausage links (mild or hot)
1 lb roast & steak topping vegetables (fresh sliced mushrooms, onions, bell peppers)
1/2 teaspoon kosher salt
1/8 teaspoon pepper
2 cups water
8 oz whole-grain penne pasta (2 2/3 cups)
1 (24-oz) jar specialty marinara sauce

STEPS

1. Preheat large sauté pan on medium-high 2-3 minutes. Place oil in pan, then add sausage; cover and cook 2-3 minutes, turning often, to brown all sides. Add vegetables, salt, and pepper; cover and cook 2-3 minutes, stirring occasionally, or until onions begin to brown.
2. Stir in water and pasta; cover and bring to a boil. Cook 10 minutes, stirring occasionally at first, and then more often (to prevent sticking), until most of water is absorbed.
3. Reduce heat to medium. Remove sausage from pan (let stand 5 minutes). Stir marinara sauce into pasta; cook and stir 4-5 minutes or until thoroughly heated.
4. Slice sausage into circles (or bite-size pieces) and stir back into pasta. Cook 1-2 minutes or until thoroughly heated. Serve.

CALORIES (per 1/4 recipe) 610kcal; FAT 32g; CHOL 35mg; SODIUM 1360mg; CARB 58g; FIBER 8g; PROTEIN 24g; VIT A 40%; VIT C 210%; CALC 6%; IRON 20%

tomato basil toast

INGREDIENTS

1 tablespoon fresh basil leaves, finely chopped
4 plum tomatoes, finely chopped
1 (6-oz) jar marinated artichoke hearts, finely chopped
2 tablespoons fried peppers/onions, finely chopped
1/4 cup reduced-fat tomato/basil feta cheese
2 tablespoons sliced black olives
8 slices frozen Texas garlic toast

STEPS

1. Preheat oven to 425°F. Chop basil, tomatoes, artichokes, and peppers/onions; place all in medium bowl. Stir in cheese and olives until blended.
2. Arrange garlic toast on baking sheet; bake 3-5 minutes on each side or until toasted and golden.
3. Spoon tomato mixture over toast and serve.

CALORIES (per 1/4 recipe) 360kcal; FAT 17g; CHOL 5mg; SODIUM 650mg; CARB 42g; FIBER 5g; PROTEIN 9g; VIT A 15%; VIT C 40%; CALC 4%; IRON 15%

© 2011 Publix Super Markets Inc.