

Baked Italian Heaven

Yields: ten 2 unit portions of ALL 3 Macro Nutrients (1 cup)
seven 3 unit portions of ALL 3 Macro Nutrients (1 1/2 cup)
five 4 unit portions of ALL 3 Macro Nutrients (2 cups)
three 5 unit portions of ALL 3 Macro Nutrients (2 1/2 cup)

Ingredients:

1 16 oz. package Trader Joe's Whole Wheat Penne Pasta
2 packages Trader Joe's Spicy Italian Chicken Sausage Links
1 cup Sweet Onion, chopped
2 Cloves Garlic, minced
1 Tbsp. Tomato Paste
1/4 tsp. Kosher Salt
1/4 tsp. Ground Black Pepper
2 tsp. Italian Seasoning
2 (14.5 oz.) cans Petite Diced Tomatoes, undrained
1 1/2 cup Mezzetta Napa Valley Marinara Sauce
Olive Oil Cooking Spray
1 cup Shredded Part-Skim Mozzarella Cheese
1 cup Freshly Grated Parmesan Cheese

Directions:

Step 1: Preheat oven to 350°

Step 2: Cook 12 oz. of the pasta according to the package directions. Drain; set aside.

Step 3: Cut the un-cooked links into 1/4 inch rounds. Cook the sausage in large skilled sprayed with Olive Oil Cooking spray on medium-high until browned. Add the diced onion and minced garlic. Continue to cook for about five more minutes.

Step 4: Add tomato paste, all three seasonings, canned tomatoes and marinara sauce to the skilled with the sausage; Bring to a boil. Cover, reduce heat and simmer 8 - 10 minutes, stirring occasionally. Remove from heat.

Step 5: Combine cooked pasta, sausage mixture in the skillet over NO HEAT.

Step 6: Lightly spray a 9 X 13 casserole dish with Olive Oil Cooking Spray. Transfer half the pasta mixture into the casserole dish. Top with half of the mozzarella & parmesan. Repeat layers.

Step 7: Bake un-covered at 350° for 25 minutes or until bubbly.