

25 Turkey Sausage and Grilled Vegetables Penne Pasta



Whole grain penne			225 g
Turkey sausages (92239)	20		720 g
Marinara sauce	600 ml	2.5 cup	
Medium red bell pepper	1		150 g
Medium green pepper	1		150 g
Medium yellow bell pepper	1		150 g
Medium Spanish onion	1		200 g
Medium zucchinis	3		750 g
Extra virgin olive oil	30 ml		
Grated parmesan cheese (optional)	250 ml	1 cup	200 g
Ground black pepper			

- : 10
- : 20 minutes
- : 10 minutes
- : no

Nutrition Facts	
Per 1/10 recipe (350 g)	
Amount	% Daily Value
Calories 280	
Fat 9 g	14%
Saturated 2 g	
+ trans 0 g	10%
Polyunsaturated 0 g	
Omega-6 0 g	
Omega-3 0 g	
Monounsaturated 0 g	
Cholesterol 40 mg	13%
Sodium 410 mg	17%
Potassium 0 mg	
Carbohydrates 35 g	12%
Fibre 5 g	20%
Sugar 7 g	
Protein 15 g	
Vitamin A	10%
Vitamin C	80%
Calcium	15%
Iron	20%
Phosphorus 0 mg	

- 1 Cook the penne « Al dente».
- 2 Boil sausages for 5 minutes, let cool and cut diagonally to form large slices.
- 3 Remove the film around the sausages if desired.
- 4 Cut the vegetables into large pieces , in a mixing bowl coat the cut vegetables with olive oil, season with pepper. Grill the vegetables. Cool and cut the vegetables in pieces as desired.
- 5 In a hot frying pan add the olive oil and sausages. Add the grilled vegetables and Marinara sauce. Simmer for one minute and add the penne.
- 6 Mix well and serve immediately, garnished with chopped basil and parmesan cheese

<p>Chef's Remarks</p> <p> replacement product : you may replace the turkey by diced cooked chicken (816-8347) or by ground pork (97262) .</p>	<p>Canada's Food Guide Portions</p> <p>1 serving of meat and alternatives 2 ½ servings of vegetables and fruit 1 serving of grain products</p>	<p>Olymel Product Allergens</p> <p>*Contient : Gluten (wheat), milk</p>	<p>Food Exchange System</p> <p>1 serving of meat and alternatives + 2 ½ servings of vegetables + 1 serving of starch</p>
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*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)