

Sausage & Peppers Pasta

Serves: 4

WW Points: 6

Ingredients:

6 oz dry rotini pasta
1 T olive oil
1 t minced garlic
14 oz smoked turkey sausage, cut into slices
1 medium onion, cut into wedges
1 medium zucchini, diced
1 yellow bell pepper, seeded & cut into strips
1 t Italian seasoning
½ pint grape tomatoes, sliced

Directions:

Cook and drain pasta.

Heat olive oil and minced garlic in a large sprayed skillet over medium high heat.

Add sausage and onions; saute until onions are tender. Add zucchini, bell pepper, and Italian seasoning; cook 5 minutes. Stir in tomatoes and pasta. Heat thoroughly.