

MARDI GRAS CAJUN PASTA

Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 14 (Serving= 1 cup)

Nutrition (per serving)

Calories: 331

Total Fat: 14 g

Saturated Fat: 2 g

Sodium: 382 mg

Total Carbohydrate: 37 g

Dietary Fiber: 5 g

Total Sugars: 6 g

Protein: 14 g



Ingredients

White Sauce

- ½ cup extra-virgin olive oil
- 2/3 cup all-purpose flour
- 2 ½ cups fat free half & half
- 2 teaspoons dried thyme
- 2 teaspoons dried oregano
- 1 teaspoon garlic powder

Pasta

- 1 pound whole wheat pasta, cooked according to package directions

- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon ground black pepper
- ¾ teaspoon ground cayenne pepper
- ¾ teaspoon salt

- 1 Tablespoon extra-virgin olive oil
- 3 teaspoons garlic, minced

- 1 whole green bell pepper, seeded and sliced
- 1 whole red bell pepper, seeded and sliced
- 1 whole medium onion, sliced
- 20 ounce package hot Italian turkey sausage links, turkey removed from casings
- 2 cups cherry tomatoes, halved
- Chopped fresh parsley and grated Parmesan cheese for garnish

Directions

1. In a medium saucepan over medium heat, add ½ cup olive oil. Whisk in all-purpose flour and continue whisking for about 1 minute. Remove from heat, let cool completely and gradually whisk in fat free half & half. Return to medium heat and continue to whisk until sauce forms. Mix in all of the spices and set aside.
2. In a large skillet, over medium-high heat add olive oil, garlic, onion, bell pepper and ground turkey sausage. Cook for 5-7 minutes. Add tomatoes and cook for an additional 5-7 minutes. Drain the juices after finished cooking.
3. Add sauce to pasta, sausage and vegetables. Toss well. Top with fresh parsley and Parmesan