

# Healthy Harvest® Pasta Sauce Rotini with Sausage and Mixed Mushrooms

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Preparation Time: 5 minutes

Cooking time: 15 minutes

Servings: 4



*In this robust sauce, a little sausage goes a long way and makes a hearty dish for the meat-lovers in your family.*

## Ingredients

1 jar (570 mL)	<b>Healthy Harvest® Pasta Sauce Tomato and Herbs</b>
2 links	mild Italian sausage (casings removed)
4 cups (1 L)	coarsely chopped, mixed mushrooms such as cremini, oyster and shiitake
1	onion, chopped
3	cloves garlic, minced
4 cups (1 L)	hot, cooked Catelli® Healthy Harvest® rotini
1/2 cup (125 mL)	chopped fresh parsley leaves
	Finely grated Asiago cheese (optional)

## Instructions

1. Set a large, nonstick skillet over medium-high heat. Crumble in sausage. Cook, breaking meat into chunks, for 3 minutes or until browned.
2. Add mushrooms and onion. Cook, stirring, for 5 minutes or until browned. Add garlic; cook for 1 minute.
3. Stir in pasta sauce; simmer for 2 minutes or until heated through. Add hot pasta and parsley; toss to combine. Serve with cheese (if using).

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Tip: To reduce fat and sodium, substitute lean ground beef or pork for the sausage.

Nutritional Information per serving (about 1 1/2 cups/375 mL):

481 calories, 16 g fat, 5 g saturated fat, 31 mg cholesterol, 1018 mg sodium, 65 g carbohydrates, 6 g fibre, 22 g protein. Excellent source of thiamin, riboflavin, niacin, folate, iron and zinc. Good source of vitamin C and magnesium.



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