

# Healthy Harvest® Pasta Sauce Sausage & Broccoli Penne

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Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4



*This simple & delicious meal is quick to prepare; delight your family with tastes you know they will love.*

## Ingredients

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1 jar (570 mL) **Healthy Harvest® Pasta Sauce, Tomato and Herbs**

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1 box (375 g) **Catelli Smart® Penne**

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3 cups (750 mL) broccoli florets

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3 Italian sausages, casing removed

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1/2 cup (125 mL) thinly sliced jarred roasted red peppers

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1/4 cup (60 mL) finely chopped fresh parsley

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1/2 cup (125 mL) shredded Asiago or mozzarella cheese

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## Instructions

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1. Cook the penne according to package directions. Add the broccoli during the last 2 minutes of cooking. Drain well and keep warm.
  2. Meanwhile, crumble the sausage meat into a large, nonstick skillet set over medium-high heat. Cook, breaking up with a spoon, for 5 minutes or until browned. Add the pasta sauce and roasted red peppers; simmer for 10 minutes.
  3. Toss the sauce with the cooked penne, broccoli and parsley. Serve topped with Asiago.
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Tip: Use spicy Italian sausages to add a little heat to this dish.

Nutritional Information per serving:

564 calories, 14 g fat, 7 g saturated fat, 48 mg cholesterol, 722 mg sodium, 82 g carbohydrates, 11 g fibre, 12 g sugar, 23 g protein.



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