



Three-Cheese Baked Penne

READY IN



45 min.

SERVINGS



6

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 10 cherry tomatoes halved
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 garlic clove minced
- ☐ 2 ounces goat cheese crumbled
- ☐ 1 cup bell pepper green finely chopped
- ☐ 1.5 teaspoons penzey's southwest seasoning dried italian
- ☐ 8 ounce turkey sausage sweet italian
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 1 Dash salt
- ☐ 8 ounce garlic-and-herb tomato sauce canned
- ☐ 2.5 cups penne pasta whole wheat tube-shaped uncooked (8 ounces pasta)

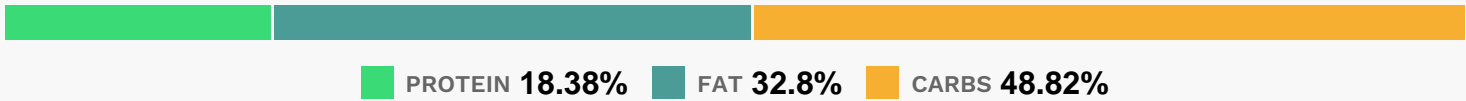
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and keep warm.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan; cook 2 minutes, stirring to crumble.
- ☐ Add bell pepper and next 6 ingredients (through salt) to pan; saut 6 minutes or until bell pepper is tender. Stir in tomato sauce. Reduce heat, and simmer 5 minutes.
- ☐ Add pasta to pan, tossing gently to coat. Spoon pasta mixture into an 8-inch square baking dish coated with cooking spray. Stir in mozzarella and goat cheese; sprinkle with Parmesan.
- ☐ Bake at 350 for 7 minutes or until bubbly and top is browned.
- ☐ Wine note: I find whole wheat pasta often tastes best with red wine, which underscores the earthiness of the hearty pasta. And, of course, red wine and sausage is a match made in heaven. Try a Tuscan red: Villa Antinori Toscana. It's a little richer and fuller than Chianti; the 2004 is \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:12.390434843043%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 561.76kcal (28.09%), Fat: 20.04g (30.82%), Saturated Fat: 8.09g (50.59%), Carbohydrates: 67.1g (22.37%), Net Carbohydrates: 58.47g (21.26%), Sugar: 5.05g (5.61%), Cholesterol: 45.36mg (15.12%), Sodium: 669.7mg (29.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.51%), Vitamin C: 30mg (36.36%), Fiber: 8.63g (34.54%), Calcium: 207.89mg (20.79%), Phosphorus: 201.96mg (20.2%), Selenium: 13.28µg (18.96%), Vitamin B1: 0.26mg (17.46%), Vitamin B6: 0.28mg (14.24%), Vitamin A: 704.41IU (14.09%), Vitamin B2: 0.2mg (11.89%), Vitamin B3: 2.01mg (10.04%), Potassium: 347.19mg (9.92%), Zinc: 1.47mg (9.83%), Copper: 0.19mg (9.71%), Manganese: 0.18mg (8.93%), Vitamin B12: 0.53µg (8.91%), Iron: 1.59mg (8.83%), Vitamin K: 7.7µg (7.34%), Vitamin E: 1.06mg (7.08%), Magnesium: 24.89mg (6.22%), Vitamin B5: 0.48mg (4.79%), Folate: 16.63µg (4.16%)