



Chicken Sausage 'n Peppers



1/4th of recipe (about 1 3/4 cups): 197 calories, 6.5g total fat (2.5g sat. fat), 752mg sodium, 19g carbs, 4.5g fiber, 9g sugars, 16g protein

Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

- 4 cups sliced red and green bell peppers
- 2 cups sliced onion
- 9 oz. (about 3 links) fully cooked Italian-style chicken sausage with 8g fat or less per 3-oz. serving (like [the kind by Applegate Organics](#)), sliced into coins and halved
- 1 1/2 cups canned crushed tomatoes
- 2 tsp. chopped garlic
- 1 tsp. Italian seasoning
- 1/2 tsp. onion powder
- 1/4 tsp. black pepper
- 1 1/2 tbsp. grated Parmesan cheese

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add bell peppers and onion. Cook and stir until mostly softened, about 8 minutes.

Carefully add all remaining ingredients *except* Parm. Cook and stir until hot, about 2 minutes.

Serve topped with Parm.

MAKES 4 SERVINGS

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