

# Turkey Sausage and Tomato Sauce Pasta

<b>Nutrition Facts:</b>	
Yield	8
Calories	324
Fat	8 g
Sodium	500 mg

<b>Code</b>
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## **Ingredients Needed:**

1 pound lean turkey sausage  
1 can tomato sauce  
¼ cup fresh basil, torn  
½ cup fat-free ricotta cheese  
16 oz. uncooked whole-wheat pasta

## **Recipe Directions:**

- Remove the casing from the sausage and sauté in a deep skillet.
- When browned, add tomato sauce.
- Cover and simmer on low for 10 minutes.
- Add basil and ricotta cheese and simmer another 5 minutes.
- Serve ½ cup sauce over approximately 1 cup of whole-wheat pasta.
- Enjoy!