

Studio 5

Friday, May 18, 2007

“Italian Sausage Alfredo”

Becky Low

Dairy Farmers of Utah

Ingredients:

- 1/4 pound bulk mild Italian sausage
- 12 ounces uncooked linguine or fettuccine pasta
- 1 package (8 oz) cream cheese
- 3/4 cup shredded Parmesan cheese
- 2 tablespoons butter
- 3/4-1 cup whole milk
- 1/8 teaspoon garlic salt, or to taste
- Black pepper to taste
- 1 cup frozen mixed peas and carrots
- Tomato, optional garnish

Method:

Scramble sausage until cooked through; drain excess fat and blot with paper towel. Set aside and keep warm.

Cook pasta according to package directions until al dente tender; rinse and drain well.

Combine cream cheese, parmesan cheese, butter and 3/4 cup milk; heat over medium heat, stirring until smooth. Thin with additional milk to desired consistency; season to taste with garlic salt and pepper. Add cooked pasta and toss to coat.

Place vegetables in microwave safe bowl, cover and microwave 2 minutes or until crisp tender; sprinkle over pasta. Sprinkle cooked sausage over pasta; serve hot.

Notes:

A very quick and easy Alfredo dinner. To complete meal add additional vegetable, fruit, milk and a whole grain bread. Serves 8

For nutrition analysis go to www.dairycouncilutnv.org

Nutrition Facts	
Serving Size 1/8	
Servings Per Container 8	
Amount Per Serving	
Calories 320	Calories from Fat 170
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 11g	53%
Cholesterol 55mg	18%
Sodium 430mg	18%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 12g	
Vitamin A 30%	Vitamin C 2%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	