

Skillet Alfredo

Ingredients

- 2 TBS olive oil
- 12 oz package of Italian chicken sausage (precooked), cut into 1/4 inch slices
- 1 red bell pepper cut into thin strips
- 1 bunch of fresh asparagus, cut into 2 inch pieces
- 3 cloves minced garlic
- 3 cups water
- 1 TBS chicken or veggie base (optional but adds flavor!)
- 115 oz jar alfredo sauce (*Primal is a great no dairy option*)
- Juice from one lemon
- 10 oz uncooked pasta of choice (*I normally do whole grain*)

Directions

1. You will use a medium and large skillet for this recipe
2. In the medium skillet, turn heat to high and add uncooked pasta, 3 cups of water, and 1 TBS chicken or veggie base (Heat olive oil in large skillet over medium heat. Stir occasionally.
3. While the pasta starts to cook, chop your veggies and sausage. Cut bell peppers into thin strips, and asparagus into 2 inch pieces. Cut sausage into 1/2 inch slices.
4. In the large skillet, heat 2 TBS of olive oil over medium heat. Add sausage to skillet, and cook on each side for about 2 minutes or until crispy. Add peppers, asparagus and garlic to the skillet and sauté over medium/high heat for 4-5 minutes. Stir as needed.
5. At this point your pasta should have absorbed all of the water and fully cooked. Add pasta into the larger skillet, along with alfredo sauce of choice and lemon juice
6. Stir well, and simmer for 2-3 minutes
7. Top with fresh parmesan, and crushed red pepper if desired
8. Enjoy!

MADE WITH LOVE

by Teresa Forchard