

One Pot Lemon 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!*)
- 1 15 oz jar alfredo sauce – *I used a lemon herb ricotta sauce from Costco– it is amazing!! It is a larger jar so I saved the rest for pizza night! (Primal is a great no dairy option)*
- 10 oz uncooked pasta of choice (*I normally do whole grain or chickpea pasta*)

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.
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 Forehand