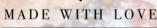
One Pot Lemon Skillet Alfredo

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 1cups water
- 1 TBS chicken or veggie base (optional but adds flavor!)
- 115 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
- 8. Enjoy!



by Teresa Forehand