



Gulf Shores Cooking Class *with Rouses Chef Nino*

Join us every Friday in January & February at 10am & 3pm.

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Pasta Napolitano

Yield: 6-8 Servings

WHAT YOU WILL NEED

- 1 lb Rouses Fresh Italian Sausage
- 3 bell peppers: Red, Orange, Yellow-diced
- 1 medium red onion-diced
- 1 lb. cherry or grape tomatoes-halved
- 1 12 ounce can Rouses Artichoke hearts-drained
- 4 cloves garlic diced
- 2 tablespoons Rouses Sicilian Olive Oil
- Kosher Salt and Cracked Black Pepper to taste
- ¼ teaspoon red pepper flakes-optional
- 1 lb. pasta Garofalo Penne

HOW TO PREP

1. Saute sausage in a large skillet in olive oil on medium heat for approximately 10 minutes on each side, or until there is no pink on the inside.
2. Remove from skillet and cut cooked sausage in ¼ inch pieces, set aside.
3. In the same skillet, add onions and garlic and sauté for 5 minutes until onions begin to wilt.
4. Add bell peppers and cook for another 5 minutes stirring constantly.
5. Next add sausage, cherry tomatoes, artichokes, salt, black pepper, and red pepper flakes. Cook on high heat for another 5 minutes stirring constantly.
6. Serve over Garofalo Penne pasta