

# Italian Bake Casserole

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/best-italian-bake-recipe>

## Ingredients:

- 1 cup diced chicken cooked
- 6 Italian sausage links cooked, cut in ¼-inch slices
- 26 ounces spaghetti sauce you can use more if you like a saucy casserole
- 1/2 cup shredded mozzarella cheese
- 8 ounces penne pasta or any shape you have on hand, cooked al dente
- 1/4 cup onion chopped
- 1 cup bell peppers large diced, I mixed red and green
- 2 cups pizza cheese shredded, see NOTES
- 2 tablespoons shredded asiago cheese

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 115 milligrams
4. Fat: 31 grams
5. Fiber: 8 grams
6. Protein: 41 grams
7. SaturatedFat: 17 grams
8. Sodium: 1280 milligrams
9. Sugar: 20 grams

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