

# Skillet Lasagna

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-sausage-bowtie-pasta-recipe>

## Ingredients:

- 1 pound bowtie pasta
- 1 tablespoon olive oil
- 3 sweet Italian sausage links
- 1 red bell pepper
- 1 onion
- 1/2 teaspoon red pepper flakes
- 1 teaspoon dried oregano
- 2 cloves garlic minced
- salt
- pepper
- 14 1/2 ounces crushed tomatoes
- 2 tablespoons fresh basil
- 2 tablespoons parsley fresh flat
- 1 fresh mozzarella large ball
- 1 cup ricotta cheese
- 1/4 cup Parmesan cheese

## Nutrition:

1. Calories: 920 calories
2. Carbohydrate: 104 grams
3. Cholesterol: 100 milligrams
4. Fat: 33 grams
5. Fiber: 8 grams
6. Protein: 51 grams
7. SaturatedFat: 15 grams
8. Sodium: 1290 milligrams
9. Sugar: 6 grams

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