



Lynn demonstrates a delicious casserole, Italian Bake. This is a great main dish for dinner with a salad and Italian bread. Adapted from Home Recipes.

Ingredients:

- 1-1/2 pounds chicken breasts, cooked and cut into bite sized pieces
- 3 Italian sausage links, sliced and cooked
- 1 jar of spaghetti sauce
- 1/2 pound of penne pasta, cooked according to package directions
- 1/2 large package of Italian shredded cheese
- 1/2 large onion, chopped
- 1 bell pepper, whatever color you choose, cut into chunks

Preheat oven to 325°. Spray a large casserole dish with cooking spray and set aside. (I used a 2-1/2 quart casserole dish).

Add chicken, sausage, onion, peppers, pasta and spaghetti sauce together and put in prepared casserole dish. Top with cheese.

Bake in preheated oven for 45 minutes or until golden and bubbly.

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