

Sausage Arrabbiata Pasta with Spinach

Prep Time: 5 Min Cook Time: 25 Min Total Time: 30 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1.5 cups

Amount Per Serving

Calories 353 Calories from Fat 125

% Daily Value*

Total Fat 14g	21%
Saturated Fat 2g	9%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 64mg	21%
Sodium 607mg	26%
Total Carbohydrate 50g	17%
Dietary Fiber 8g	33%
Sugars 6g	

Protein 24g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 8 oz high fiber pasta (or whole wheat)
- 3/4 lb lean ground turkey sausage
- 1 tsp olive oil
- 2 garlic cloves, minced
- 1 tsp red pepper flakes (more or less to taste)
- 1 tsp Italian seasoning
- 2 tbsp tomato paste
- 2 cup cherry tomatoes
- 4 cup spinach
- 1/4 cup basil
- Salt and pepper



Directions

- 1 Cook the pasta according to package directions. Reserve 1/4 cup of cooking liquid.
- 2 Meanwhile heat a pan over medium high heat. Add the sausage and cook until browned and cooked through, breaking it up as it cooks. This should take 5-7 minutes. Remove the sausage and set aside, leaving any fat from the sausage in the pan.
- 3 Add the olive oil to the pan over medium high heat. Once hot add the garlic, red pepper flakes, and Italian seasoning. Cook for 1-2 minutes until fragrant. Stir in the tomato paste and cook for 30 seconds. Add the tomatoes and cook for 6-8 minutes, stirring often, until the tomatoes begin to burst.
- 4 Turn the heat down to medium. Add the cooked pasta, reserved pasta water, and spinach to the tomatoes. Stir together until pasta is well coated with sauce. Add in the sausage and basil. Season with salt and pepper as needed.

Notes

