

Pasta with Italian Chicken Sausage, Escarole and Beans

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-escarole-and-beans>

Ingredients:

- 10 ounces pasta Ronzoni Smart taste, or whole wheat or low carb
- 1 teaspoon olive oil
- 1 onion medium, chopped
- 4 cloves garlic chopped
- 12 ounces italian chicken sausage uncooked, removed from casing, Al Fresco
- 1/2 cup low sodium chicken broth fat free
- 1 cup cannellini beans drained and rinsed, Eden
- 8 cups escarole rinsed and torn into bite sized pieces
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon crushed red pepper or to taste, optional
- salt
- pepper

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 65 milligrams
4. Fat: 26 grams
5. Fiber: 6 grams
6. Protein: 34 grams
7. SaturatedFat: 7 grams
8. Sodium: 1200 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Pasta with Italian Chicken Sausage, Escarole and Beans above. You can see more 18 recipe for italian escarole and beans Get cooking and enjoy! to get

more great cooking ideas.