

5-Ingredient Italian Sausage and Kale Baked Ziti

Yield: 7 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-ground-italian-sausage>

Ingredients:

- 12 ounces ziti or any pasta shape
- 1 pound ground Italian sausage I strongly recommend using “spicy” Italian sausage
- 4 cloves garlic minced
- 3 handfuls kale leaves roughly-chopped, stems removed
- 2 cups shredded mozzarella cheese I used 2% low fat
- shredded Parmesan cheese optional
- crushed red pepper flakes optional

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 4 grams
8. Sodium: 210 milligrams
9. Sugar: 2 grams

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