

Penne Pasta with Kale & Vegan Italian Sausage

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 8 ounces whole wheat penne pasta or 225g
- 6 stalks kale About 5oz, 125g, or 3 packed cups of prewashed kale
- 1 cup Italian sausage crumbles vegan
- 1 medium red bell pepper
- 1 medium red onion
- 3 cloves garlic
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- sea salt
- fresh cracked pepper

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 6 grams
8. Sodium: 600 milligrams
9. Sugar: 2 grams

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