

Cavatappi with Sausage & Kale

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-kale-cream-sausage-olive-garden-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 clove garlic peeled and minced
- 1 shallot peeled and sliced
- 1/2 pound sausage casings spicy italian, discarded
- 1/2 pound kale tough stems and center ribs discarded and leaves coarsely chopped
- 1/2 pound cavatappi dried, cavatelli or gemelli
- 28 ounces tomatoes can whole, in puree
- 1/3 cup half & half
- 1 ounce pecorino romano finely grated

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 15 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 135 milligrams
9. Sugar: 8 grams

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