

Chicken, Sausage, Asparagus and Mushroom Pasta

Yield: 8 min
Total Time: 40 min

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

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 pounds chicken breasts boneless, skinless & cut into 1-inch portions
- 1 pound italian sausage any variety, removed from casing
- 2 tablespoons herb mix dry Italian, purchased, any favorite brand
- sea salt
- ground black pepper
- 2 tablespoons unsalted butter
- 2 cups red onion or yellow, brown, medium diced
- 3 tablespoons garlic minced
- sea salt
- ground black pepper
- 1 pound asparagus ends trimmed then angle-sliced into 1-inch portions
- 1 pound crimini mushrooms quartered
- 1 pint grape tomatoes sliced in half lengthwise
- 1/2 cup marsala wine
- 2 cups cheese Parmigiano, shredded or flaked
- 1/2 cup mascarpone cheese room temperature
- 1 cup basil thinly sliced
- 1 pasta + pound favorite, cooked in salted water to al dente
- 1/4 cup basil pesto purchased

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 160 milligrams
4. Fat: 41 grams
5. Fiber: 5 grams

6. Protein: 51 grams
 7. SaturatedFat: 17 grams
 8. Sodium: 960 milligrams
 9. Sugar: 7 grams
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