

# Skillet Pasta with Sausage, Peppers and Kale

Yield: 6 min  
Total Time: 50 min

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

## Ingredients:

- 1 pound long pasta spaghetti, linguine, etc.
- 3 italian sausages casings removed, I used mild
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 onion chopped
- 3 cloves garlic minced
- 1 yellow pepper chopped
- 2 cups baby kale packed
- 1 1/2 cups chicken broth
- 1 lemon juiced, 2-3 tablespoons
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1 cup peas optional
- 3/4 cup Parmesan shredded

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 80 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 10 grams
8. Sodium: 660 milligrams
9. Sugar: 2 grams

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