

# Italian Sausage and Spinach Pasta

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 pound italian sausage package
- 1/2 onion diced
- 2 cloves garlic chopped
- 15 ounces tomato sauce
- 15 ounces diced tomatoes
- 1 tablespoon italian seasoning
- 1/2 teaspoon salt
- 8 ounces ricotta cheese
- 2 handfuls baby spinach
- fresh basil
- whole wheat linguine cooked according to package directions

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 115 milligrams
4. Fat: 46 grams
5. Fiber: 5 grams
6. Protein: 26 grams
7. SaturatedFat: 18 grams
8. Sodium: 1620 milligrams
9. Sugar: 13 grams

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