

Turkey Sausage Spaghetti

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 8 ounces noodles whole grain spaghetti, cooked according to package directions and drained
- 1 tablespoon extra virgin olive oil
- 1 pound turkey sausage links Italian style, casings removed
- 1 1/2 cups yellow onion chopped
- 1 tablespoon minced garlic freshly
- 24 ounces spaghetti sauce traditional
- 4 1/2 ounces sliced mushrooms drained weight, drained
- 14 ounces artichoke hearts drained and roughly chopped
- 1 pint cherry tomatoes halved
- 2 teaspoons italian seasoning
- salt
- pepper
- 2 1/2 ounces baby spinach leaves fresh, about 2-1/2 cups, tightly packed
- grated Parmesan cheese or Optional: Shredded, for topping

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 95 grams
3. Cholesterol: 115 milligrams
4. Fat: 22 grams
5. Fiber: 21 grams
6. Protein: 36 grams
7. SaturatedFat: 8 grams
8. Sodium: 2100 milligrams
9. Sugar: 26 grams

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