

Roman Pesto Pasta

Yield: 7 min
Total Time: 25 min

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

Ingredients:

- 1 pound italian sausage
- 1 pound noodles fettuccine
- 2 tablespoons extra-virgin olive oil
- 1 brown onion
- 6 cups broccoli florets
- 3/4 cup sun-dried tomatoes in oil *drained
- 20 ounces sliced mushrooms
- 1/4 cup dry white wine
- 1 cup pesto Toasted Walnut, *see link above
- salt
- pepper
- Parmigiano Reggiano *optional

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 105 milligrams
4. Fat: 29 grams
5. Fiber: 7 grams
6. Protein: 25 grams
7. SaturatedFat: 9 grams
8. Sodium: 700 milligrams
9. Sugar: 5 grams

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