

Italian Sausage and Pumpkin Pasta

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-main-dish-pasta-meals-italian>

Ingredients:

- 16 ounces pasta Italian Inspired "Zucchette", may substitute penne or rigatoni
- 2 tablespoons olive oil
- 1 pound italian sausage
- 4 cloves garlic minced
- 1 onion medium, chopped
- 1 bay leaf
- 4 sprigs sage leaves
- 3 teaspoons dried sage
- 1 cup dry white wine
- 1 cup chicken broth
- 3/4 cup canned pumpkin
- 2/3 cup coconut milk
- 1/8 teaspoon canela
- 1/2 teaspoon nutmeg
- salt
- pepper
- fresh Parmesan cheese grated
- pepitas for garnish, optional

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 55 milligrams
4. Fat: 39 grams
5. Fiber: 6 grams
6. Protein: 24 grams
7. SaturatedFat: 15 grams

8. Sodium: 710 milligrams

9. Sugar: 5 grams

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