

Spaghetti with Italian Sausage and Arugula

Yield: 2 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/trader-joe-s-spicy-italian-sausage-recipe>

Ingredients:

- 2 hot Italian sausage links, about 8 oz. turkey
- 2 teaspoons olive oil
- 4 ounces whole wheat spaghetti or Dreamfields, I like my favorite Italian whole wheat spaghetti for this recipe.
- salt
- water
- 3 ounces arugula baby, preferably organic
- 1 teaspoon minced garlic finely, more or less, to taste
- 1/4 cup pasta cooking water
- 2 tablespoons lemon juice fresh squeezed
- Parmesan cheese for serving, preferably freshly grated

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 75 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 11 grams
8. Sodium: 1080 milligrams
9. Sugar: 1 grams

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